

AUBURN EAGLES

STRENGTH AND CONDITIONING



Everyone has the desire to win, but only champions have the desire to prepare

Dear Strength and Conditioning Parents,

THANK YOU for supporting your child in their decision to be a part of our most successful Strength and Conditioning season ever! This Winter Season our Strength and Conditioning Program achieved more success than all other past S&C sessions combined.

Some of the many highlights are:

- Averaged 25 students per day
- Had an All Time Single day attendance record of 39...TWICE
- Number of All Time School Strength Records broken: 16
- Began our "Becoming Champions" Wristband Reward Program
- Number of Students Achieving Iron/Screamin'/War Eagle Status: 20

During the Winter S&C Season we began our first ever Team Competition. Four (4) teams were created and assigned two (2) captains each. The captains were then given total freedom to "draft" any student from AHS who was not currently playing a winter sport to be on their team. It was the captain's job to ensure that their teammates were coming to S&C on a consistent basis and putting forth the needed effort.

Teams earned points based on attendance, max increases, vertical increases, and running time decreases. Points were also awarded for special events such as our S&C Strongman competition in which each team competed in events such as the Tire Flip, Sloss Pipe Carry, Truck Push, and Relay Run, S&C Bowling Night, six weeks grade check, and Boys/Girls AHS Basketball Game attendance.

At the conclusion of the Winter Sports season all points were totaled and **TEAM DISCIPLINE** came out as the number one team! Below is the points total of all teams with their team captains and supervising coach.

1. **TEAM DISCIPLINE: 856 POINTS**
 - Captains: Adam Martin & Rachel Biltz Head Football/Assistant Track Coach Phil Collett
2. **TEAM COMMITMENT: 815 POINTS**
 - Captains: Jacob Mullins & Brandi VanCuren Head S&C/Assistant Football Coach Chase Nunley
3. **TEAM EXCELLENCE: 813 POINTS**
 - Captains: Dalton Altizer & Sarah Smith Head Baseball Coach Skip Thompson
4. **TEAM ATTITUDE: 734 POINTS**
 - Captains: Justin Huff & Olivia Cleary Assistant Basketball/Football Coach Jon Caldwell

BECOMING CHAMPIONS ONE REP AT A TIME

COMMITMENT – DISCIPLINE – ATTITUDE - EXCELLENCE

Strength and Conditioning began giving Athlete of the Week awards to the Male and Female athletes who demonstrated the best effort, performance, and attitude over the course of each week. The Award also took into account attendance, leadership, and teamwork. Below is a list of the recipients of the S&C Athlete of the Week Award.

- WEEK 1: Dalton Altizer & Sarah Smith
- WEEK 2: Brandon Akers & Haley Shepherd
- WEEK 3: Jacob Mullins & Olivia Cleary
- WEEK 4: Adam Martin & Alyssa Huntington
- WEEK 5: Justin Huff & Paige Altizer
- WEEK 6: Jonathan Phillips & Rachel Biltz

Along with the Athlete of the Week awards, S&C started a wristband reward program. Once a student reached a specific point total they were given a blue wristband with our motto “Becoming Champions One Rep at a Time.” Each additional S&C session attended while wearing the wristband earned their team an extra point. By the end of the competition 37 students had earned a wristband and still wear them proudly throughout the AHS hallways.

One of our many goals is to help students achieve better health and wellness, as well as increase athletic performance. To gauge where each student is physically, three (3) criteria groups were created to suit each different style of athlete; Max Strength, Speed-Strength-Agility, and Endurance. Within each group are seven (7) standards which each student is tested. Each standard requires a strength component and a speed/agility component. Iron Eagle is the lowest standard to achieve followed by Screamin’ Eagle and War Eagle being the hardest to reach. This winter we had 14 students achieve one of the three standards!

IRON EAGLE	SCREAMIN’ EAGLE	WAR EAGLE
<ul style="list-style-type: none"> • Brandon Akers (8th) • Jonathan Phillips (JR) • Brady Roop (JR) • Chad Grady (JR) • Jordan Link (JR) • Ian Lipsey (SR) • Haley Shepherd (SR) • Joe Morgan (SO) • Jonathan Martin (FR) • Justin Huff (SO) 	<ul style="list-style-type: none"> • Jacob Mullins (SO) • Michael Spencer (SR) • Josh Toney (SR) • Brandi Van Curen (JR) • Chuck Knowlton (JR) • Olivia Cleary (FR) • Sarah Smith (FR) • Adam Martin (SO) • Derrick Duncan (JR) 	<ul style="list-style-type: none"> • Dalton Altizer (JR) <p style="text-align: center; margin-top: 10px;">Only the 2nd War Eagle in school history to be earned.</p>

Now that the S&C competition has ended and spring sports have begun, I ask that you and your family come and support each of these students in whatever sport they have chosen to play this spring. They had the **COMMITMENT** to get started; the **DISCIPLINE** to keep going, the **ATTITUDE** to achieve their personal goals, and **EXCELLENCE** will be a product of all of their hard work.

If you would like to receive news and notes on all things Strength and Conditioning simply send an email to cnunley@mail.mcps.org and you will be added to the emailing list. Please put S&C Group in the Subject line and your Name in the email body.

Also check out our Website at <http://www.eteamz.com/auburnhighschoolstrengthandconditioning/>