

York Region Lions training proposal

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Our mission at Blood Sweat Train is to teach young athletes the benefits of systemized training. Parents and coaches will see the benefit of team workouts, as athletes bond through tough experiences together and motivate each other. It would be most beneficial to work with Bantam, Junior Varsity and Varsity players because they are at a point in their football careers where they can begin to push their bodies to become bigger, stronger and faster.

We are looking to start the program the week of Jan 6th, 2020. We will have one 12-week camp running. Depending on numbers we can open up multiple time slots but most of the training would be supervised with 1 Trainer(Myself). 4:30, 5:30, 6:30 are ideal times that I will set aside for now. Cost for the players will be set at \$15-20 per person, per session depending on how many people sign up. Please keep in mind the reservation of the space and equipment, the trainers time within the session and also creating the training script will be included in the cost.

Players will be taught proper form for squatting, lunges, deadlifts, pushups, pull ups and plyometrics. These movements will be drilled and completed on a weekly basis in order to ensure improvements in all areas. No random workouts here, we will work within a prescribed plan so that the players and parents can look back and see their growth.

Week 1: Introduction and baseline testing.

Week 2-5: Full body strength training with moderate resistance. Introduction to loaded barbell and dumbbell movements as well as proper practice through repetition.

Week 6: Testing + goal setting

Week 7-12: Moderate to heavier weights used to add new muscle mass and help increase strength output.

<u>Players per session</u>	<u>Package - 12 weeks</u>	<u>Time slots- Evening</u>	<u>Training days</u>
6-10	\$15-\$20 per player	4:30, 5:30, 6:30 Pending	Tuesdays and Thursdays