



610-594-2388  
www.oldscholfit.com

# **Strength and Conditioning**

## **for**

### **Downingtown East Football Players**

#### **Our Principles and Philosophy:**

- **Prevention and Decrease Rate of Injury**  
Each training session we begin with a dynamic warm up that will mimic the exercise's used to prepare the body for the training. This consists of dynamic stretches, mobility exercises, as well as prehab and rehab work. Additionally, all training must be utilized with a thought on injury reduction. This is through the use of spotters, collars, and safety pins always in place.
- **Ground Based and Multi-Joint Movements**  
Athletes are trained in the areas of Olympic weightlifting, Russian Kettlebells, speed and agility development, strength bands, plyometrics, core and balance, medicine ball training, stability ball training, flexibility, and nutrition.
- **Training Athleticism – Movements not Muscles**  
At OSF we train movements not muscles by using a combination of elite speed and strength equipment and techniques. Athletes move and use their entire bodies in natural ways. The best athlete is the one that can use his or her whole body efficiently and effectively. In many cases it is not how strong and powerful the athlete is but how he or she best uses their strength and power that determines athletic success.
- **Mental Toughness and Positive Attitude – YOU CAN!**  
Speed and strength training workouts are very important, but the success or downfall of the athlete has a great deal to do with what the athlete does BETWEEN these workouts. Habits dealing with sleep, diet, alcohol, drugs, study, social and daily life play an important role in the athlete's success. We strive to motivate and support each athlete to achieve their full potential, not just on the court or field, but as people outside of the sport.

- **Hard Work Ethic and FUN!**  
Determination! You either WANT to WORK hard or you don't. It is never that you CAN'T!  
We expect hard work and commitment, as we GUARANTEE we will be for each athlete that comes in the facility. However, we understand the effort and sometimes difficulty of training as we practice it ourselves every day. So it is our mission to make each session fun, and although tough at times, enjoyable!

## **About our Strength Training Program:**

Our performance coaches know that they are training athletes. We are not training powerlifters, olympic weightlifters, strongmen, or body builders and for these reasons the training programs will not interfere with the athletes' process of developing the mastery of their sport. Although these are tremendous sports and produce great athletes, challenging our athletes to develop and master another unrelated and highly demanding sport is unwise and unnecessary.

However, these training methodologies can be varied, modified, and used to produce great success. Our program will bring together these ideals and focus on teaching the fundamentals and basics of proper resistance training. All of our training methods and exercises used have specific reason and purpose behind them. All of which is supported by scientific research and high level education of our performance coaches. Throughout our program we continually explain and educate the parents and athletes on these subjects to provide a valuable learning experience.

## **About our Speed, Movement Skills, and Conditioning Program:**

The quote "There is no such thing as Speed Training", has been mentioned and said before but it is a relatively new concept in the sports performance field. "Speed Training" is and has been used as a sales and marketing tool with the promise that any athlete will improve their "speed" through that specific program. Speed by definition is the measurement of the amount of time taken to complete a task. That said, our "Speed Training" program's primary focus is on the proper mechanics of acceleration AND deceleration, correct foot work and change of direction, and how to move effectively into various athletic positions.

Both our program's main concentration is to develop the fundamentals of sport in every athlete. We look to develop and enhance MOVEMENT SKILLS and ABILITIES to create a better athlete. While doing so increase the athlete's general conditioning and stamina. In turn this will not only improve the athletes speed and strength but will help the athlete perform efficiently and effectively on the court or field.

All of our Speed and Strength Training Programs are properly designed, organized, and implemented based upon:

- The level of physical preparation of the athlete
- The individual needs of the athlete
- The athlete's state of readiness on each and every given day
- The point in time relative to the athletes competition and practice calendar

## **What we offer for Student Athletes:**

### **Athlete Private Training:**

- This is individual personal training with one of our professional coaches and trainers.
- You will receive your own individualized program and training manual along with a Free OSF T-shirt.
- You will receive the highest priority with the ability to choose your specific training days and times.

### **Athlete Semi-Private Training:**

- This is small group training with a maximum of 6 athletes per group to 1 Performance Coach.
- You will receive your own customized program and training manual along with a Free OSF T-shirt.
- In this course you will receive the opportunity to choose specific training days and times in correspondence with our Training Schedules.

## **How to get started:**

### **The JUMP START to FAST and STRONG Program:**

All of our athletes start the same way through our JUMP START to FAST and STRONG Program. This gives you a chance to try out our training and see if it's a fit for you. We will provide you with a physical analysis, expert exercise instruction, training information, and how we get our athletes fast and strong. It will also allow our elite staff to design a program that is individualized and specific to you.

The JUMP START to FAST and STRONG includes THREE Personal Training Sessions (regardless of the program option you choose) and a FREE OSF T-shirt:

1. The first session is a Personal Assessment of your athletic and physical capabilities.
2. The second session will be an orientation of our facility where we will discuss our facility's rules and regulations, instruct proper exercise techniques, and educate about the common risks and possible consequences if proper technique is not used.
3. The third session will be a Trial Training Session where we will go through a typical training session. Immediately following we will have a parent-athlete conference to discuss the JUMP START program and decide together what program best makes sense for you.

# Memberships, Pricing, and Family Discounts:

## Memberships:

- Upon the completion of the JUMP START Program, there will be a 15 minute Parent-Athlete training conference where all pricing and options will be discussed.
- Each Athlete over 16 years of age may have a General Student Membership to Old School Fitness for UNLIMITED use of the facility and training. This is not required, but recommended for the athlete to train in between formal sessions.

## Pricing:

- All Pricing Information is below. Specific training programs will be discussed and presented DURING the JUMP START Program.
- We offer session-based pricing that can be that can be arranged to fit into anyone's budget.
- These sessions never expire and are transferable.

**\*Full Team Training Available upon interest and request.**

## Group Training for Downingtown East Football

5 to 8 Athletes in a group - \$120 for 12 sessions (This is a monthly charge regardless of class attended). This is an excellent option for group strength training, and speed training, as well.

## Elite Training

Athletes	Single Session (pay 1 session at a time)	12 Sessions (pay in advance)	24 Sessions (pay in advance)	(pay in advance)
3 to 4 Athletes	\$25/session/ath	\$264/ath(22/session)	\$480/ath/(\$20/session)	\$864/ath(\$18/session)
2 Athletes	\$35/session/ath	\$384/ath(\$32/session)	\$696/ath(\$29/session)	\$1248/ath(\$26session)
1 Athletes	\$65/session	\$720/ath(\$60/session)	\$1320/(\$55session)	\$2400/ath(\$50/session)

## Downingtown East Football special rates - Elite Training

Athletes	Single Session (pay 1 session at a time)	12 Sessions (pay in advance)	24 Sessions (pay in advance)
3 to 4 Athletes	\$20/session/ath	\$240/ath(\$20/session)	\$456/ath(\$19/session)
2 Athletes	\$30/session/ath	\$336/ath(\$28/session)	\$624/ath(\$26/session)
1 Athletes	\$60/session	\$660 (\$55/session)	\$1200 (\$50session)

These special rates apply to Downingtown East Football players, including Freshman and Middle School and the family members of those players, as well.

General membership discounts to Old School Fitness will be offered for parents of DE Football players at \$35/month for a 1 year membership (normally \$39.95)

**For more information please contact:**

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