

## **MILLER STRENGTH AND CONDITIONING**

The Miller way of strength training is INTENSITY! It is maximum gains in a select amount of time. Our student athletes “invest” their time in the weight room. Everything we do has a purpose. Consequently, our workouts are direct and intense. A Miller athlete will reach his/her potential for size and strength if he/she dedicates him/herself to our program.

Strength and conditioning for athletes is only valuable in the context of the sport. We are not a “weight lifting” team, nor are we “body builders”. We want be **balanced** athletes with a focus on **stability** (strength) and **mobility** (flexibility). Too much emphasis in one area of training will leave you deficient in others. Overall fitness, specific to the needs of the competition is our priority. Muscular **Strength/Power, Cardiovascular Fitness, Speed Development, Flexibility Training, Nutrition, and Rest and Recovery** are elements that make-up your overall level of fitness for sport. Each area must be addressed individually to achieve overall success.

**Intensity of effort is the key to proper training.** It is the sole reason for strength and conditioning gains.

**Functional Movement Screen-** This 7-step test will allow us to evaluate our athlete’s asymmetries and muscular imbalances. Each athlete will be given corrective exercises that coincide with their daily workout program. Our goal is **balanced, efficient, movers!!!**

### **INTENSITY INCLUDES:**

1. *Perfect Repetitions*, performed with maximum effort.
2. *Complete concentration*, throughout a workout session.
3. *Continuous effort*, even when the body is in severe oxygen depletion.
4. *Hard work*, there is no greater reward than success through hard work.

**BALANCE...POWER...ENDURANCE...**

## **Mission Statement**

Noblesville Student-Athletes will become **Balanced, Efficient, Movers**.  
The two subunits of this are Stability (strength) and Mobility (flexibility)

## **Vision Statement**

The Noblesville Strength and Conditioning Program and Student-Athletes will gain recognition within the next 5 years from the following areas:

- Year #1- Hamilton County \*\*
- Year #2- Central Indiana \*\*
- Year #3- State of Indiana \*\*
- Year #4- Mid- West
- Year #5- Nation

\*\*Denotes Recognition has already been established via State Clinics, Presentations, and Schools visiting Noblesville\*\*\*