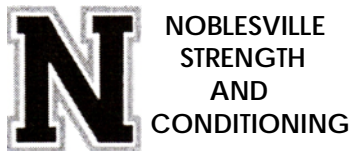


Noblesville High School
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Brian Clarke
Strength & Conditioning
PE/Health Dept Chair
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Dear Miller Athlete/Parent:

My name is Coach Clarke and I have recently been hired to coordinate Noblesville High School's athletic strength and conditioning programs. I wanted to take a moment to introduce myself, and the strength and conditioning opportunities I have for our student-athletes here at Noblesville. I recently worked at Warren Central HS and Pike HS where I trained all athletes both male and female in all sports. During my tenure at these two schools I have taken part in **10-State Championships** (2-Football, 1-Men's Basketball, 2-Men's Track, 3-Women's Track, 2-Men's X-C). In 2006 I was a semi-finalist for the National High School Strength and Conditioning Coach of the Year as well. Prior to those experiences I completed a mentorship at Ben Davis HS in their strength training program. I graduated from Butler University where I was recruited to play baseball. While there I studied exercise science and education. In addition, I am a member of the National Strength and Conditioning Association.

The programs that I have brought to Noblesville are ones that I have adopted from some of the best strength programs (high school and college) in the country. The program itself is not tailored to one specific sport, but it does include the core lifts that are applicable and beneficial to all sports. Pre and post-season scheduled workout sessions are where I focus on sport specific conditioning. My philosophy is simple. I want our athletes to be **balanced, efficient movers!** The two sub units of that are stability (strength) and mobility (flexibility).

I want you to know that I believe it is essential that we work together to ensure the effectiveness of this program. I want to be used as a resource for our athletic teams. Thus, you will become stronger, less injury prone, and develop a faster recovery response to activity. In addition to strength, I will be working on agility, speed, plyometrics, and nutrition with you. After every nine-weeks each student-athlete will be tested on height, weight, vertical jump, 1 repetition max (bench, squat, power clean), and 40-yard dash time. In addition each athlete will go through the **Functional Movement Screen**. This is a 7 step test that identifies and scores an athlete's imbalances and asymmetries. Once these imbalances are identified the athlete is given corrective exercises to perform. This information will be accessible for you at anytime. I will keep a file on each athlete from the time they enter the program until the time they leave Noblesville High School.

I am very passionate about strength/conditioning and all sports. I am excited to work with you and build relationships with the Miller Athletic teams. We will bring state championships to the Mill but we must be very diligent in our work. The first step toward reaching our goals are having our athletes in our Athletic Weights course at the Main Campus (10th-12th graders only)!!! There is no way around that. Thus, please contact your counselor ASAP to get enrolled in weights. You will have some of the best experiences of your high school career in Athletic Weights. Thank you for your time and I look forward to working with you soon!

Respectfully,

Brian Clarke

"HOME OF THE MILLERS"