



STRENGTH AND CONDITIONING

GET AFTER IT!

Students will work diligently to improve muscular strength and power in the following CORE LIFTS; Bench Press, Squat, Dead Lift, Power Clean, and Overhead Press.



Bench Press MAX

**Improve
Technique**

**Stronger athletes
are better
athletes!**

**Improve self-
esteem.**

**Compete with
yourself or other
schools.**

COACH WALSH

jewalsh@aacps.org

410-674-6500

Strength & Conditioning 1

Strength & Conditioning 2-4

Strength & Conditioning

- **Dress:** Arundel PE shirt, Arundel PE shorts, Athletic shoes, socks
 - Phones? NO
 - Participation
 - Doctor vs. Parent notes
 - Grades: Assessments = 75%
Academic Practices = 25%
 - Make-up assignments for LEGAL absences
 - Maintaining Weight room
- ❖ If you choose to **NOT** have your student videotaped/photographed for scholastic purposes please sign below and return to your student's teacher.

Student Name: _____

Student Signature: _____

Guardian Name: _____

Guardian Signature: _____