



CORE BELIEF

THE STANDARD IS EXCELLENCE



MISSION STATEMENT

OUR MISSION IS TO DEVELOP STUDENT-ATHLETES WHO ARE SELFLESS, DRIVEN, AND DEDICATED IN THE CLASSROOM, THE COMMUNITY, AND IN COMPETITION.



TRAINING PHILOSOPHY

- WE UTILIZE A DATA-DRIVEN APPROACH AND TRAIN WITH THE GAME IN MIND.
- THE DEMANDS OF THE SPORT THAT THE ATHLETE COMPETES IN SERVES AS THE DRIVER FOR WHAT WE DO.
- AN EMPHASIS WILL BE PLACED ON SPRINTING, JUMPING, MOBILITY WORK, FULL ROM STRENGTH TRAINING INCLUDING THE OLYMPIC LIFTS AND THEIR VARIATIONS.



EXPECTATIONS

- 1- ATTENDANCE
- 2- PURSUE EXCELLENCE (EFFORT)
- 3- COACH YOUR TEAMMATES
- 4- ENCOURAGE TEAMMATES
- 5- CHALLENGE TEAMMATES WHEN NECESSARY
- 6- FOR THE A!