

Pirate Strength & Agility

Students Will:

- Be a committed member of the team.
 - Visibly demonstrate/act with a motivated attitude and effort (body language).
 - Be a motivating presence and a good teammate (even if we are not on an actual team together).
- Be prepared to perform in a manner that makes yourself and those around you better.
 - Be technically sound when performing lifts, and being coachable when not.
 - Spotting/motivating partners when the time calls for it.
 - Communicate any absences and making them up, knowing that the work you put in directly affects your performance and your team's performance.
- Set a goal to pursue and reflect on your training per cycle (2-4 per semester).
 - Set a goal that is appropriate for who they are and what role they play on their team.
 - Reflect on their training post cycles, using this as a way to improve following cycles.

Pirate Strength & Agility Core Values	
1st/2nd Semester Core Values: 1. Attitude 2. Effort 3. Discipline	1st/2nd Semester Program: 1. Agility 2. Power 3. Strength
Students will: 1. Attitude -be willing to grow in every situation (growth) -see the good in every circumstance (vision) -possess the ability to bounce back from failure (resilient) 2. Effort -empower others to be their best (selfless) -do their best no matter how trivial the task (detailed) -never quit, find a way or make one (relentless) 3. Discipline -persevere for long-term goals (grit) -own and be responsible for your actions (ownership) -make the right decision even though it is hard (courage)	Students will: 1. Perform the following agility tests: <ul style="list-style-type: none"> - Flying 10 Yard - 10 Yard Dash - Pro Agility - 40 Yard Dash 2. Perform the following lifts for power: <ul style="list-style-type: none"> - Hang Clean - Vertical/Horizontal Jumps (box up drills) 3. Perform the following lifts for strength: <ul style="list-style-type: none"> - Split Squat - single leg strength - Bench Press - upper body strength - Trap Bar Deadlift - bilateral strength