

DEVELOPING THE FRESHMAN ATHLETE

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OUR PROCESS

- **Testing-Assessment**
- **Program Design**
- **Implementation**
- **Evaluation**

ASSESSMENTS

Do you use any formal assessments prior to the beginning of the freshman development program?

ANTHROPOMETRICS

| CLASS | FRESHMAN | SENIORS |
|-----------|----------|---------|
| HEIGHT | 69.4 | 72.6 |
| WEIGHT | 151.6 | 197.7 |
| BODY FAT | 13.1 | 16.8 |
| NECK | 13.3 | 15.6 |
| CHEST | 33.8 | 38.59 |
| WAIST | 30.4 | 33.9 |
| WRIST | 6 | 6.51 |
| R. BICEPS | 11.5 | 14.5 |
| R. THIGH | 20.2 | 23.82 |

TESTING

- The Card System
- Baseline Data
- Anthropometrics
- Athletic Tests
- Strength Tests

FOOTBALL OFF-SEASON TESTING

DATE _____

NAME _____ POS _____

HEIGHT _____ WEIGHT _____ BF _____

NECK _____ CHEST _____ WAIST _____

WRIST _____ R. BICEP _____ R. THIGH _____

| TEST | PERFORMANCE | | SCORE |
|---------------|-------------|-----|-------|
| | 1ST | 2ND | AVG. |
| DRILL | | | |
| PRO-SHUTTLE | | | |
| VERTICAL JUMP | | | |
| 40 YARD DASH | | | |
| BENCH PRESS | | | |
| DEADLIFT | | | |
| SQUAT | | | |

PROGRAM DESIGN

Which of the following factors should be determined FIRST when designing a training program for a specific team sport?

- A. Layout of the facility**
- B. Type of available equipment**
- C. Number of individuals on the team**
- D. Metabolic demands of the activity**

PROGRAM DESIGN

When designing a program for young high school athletes, what are you trying to accomplish and what are the immediate needs of the athletes you are working to develop?

IMPLEMENTATION

If everyone needs to be on the same page for the benefit of the athletes, how do you get everyone on the same page for the program to run smoothly and without confusion?

IMPLEMENTATION

**There is obviously a lot of teaching initially –
how do you effectively teach new drills and
exercises to a large group?**

IMPLEMENTATION

Is there a bigger focus on uni-lateral or bi-lateral movement training?

IMPLEMENTATION

Managing Your Numbers:

How do you coach such large groups, while still addressing individual needs?

THE SQUAT

**Is mobility or weakness a bigger issue initially?
How do we correct this?**

PLYOMETRICS

Do we use plyometrics? What do they start with and how are they progressed? How do you determine initial volume of plyos?

ORIENTATION

When introducing your athletes to your program, what type of topics are discussed during your first meeting?

TRAINING SESSIONS

What are some tips that I can implement to make my training sessions more effective?

PROGRAM PROGRESSIONS

**Do you have a certain criteria for progressions?
If so, what do you do with the kids who have
not met this criteria?**

EVALUATION

**Why should I evaluate my athletes during specific training cycles during the year?
Don't the numbers tell me the whole story from workout to workout?**