

## SSAISD BOARD AGENDA - ITEM SUMMARY

<b>MEETING DATE:</b>	November 20, 2013
<b>MEETING TYPE:</b>	<input checked="" type="checkbox"/> REGULAR <input type="checkbox"/> SPECIAL
<b>ITEM TITLE:</b>	Middle School Weight Training Program
<b>PURPOSE:</b>	<input type="checkbox"/> RECOGNITION <input checked="" type="checkbox"/> REPORT ONLY <input type="checkbox"/> DISCUSSION <input type="checkbox"/> ACTION
<b>PRESENTER(S):</b>	Mr. Robert Zamora, Athletic Director
<b>REQUESTED BY:</b>	Mr. Robert Zamora, Athletic Director

### I. DESCRIPTION OF ITEM TO INCLUDE YOUR SPECIFIC REQUEST:

The American Academy of Pediatrics supports the implementation of strength and resistance training programs for young children. Studies show that a moderate intensity strength training program can help increase strength, decrease the risks on injury while playing sports, and increase bone density in children.

### II. BACKGROUND INFORMATION (DOCUMENTATION):

Currently there are no designated athletic periods or designated area for weight training equipment to either store or facility programs at Shepard, Zamora, and Dwight Middle Schools. Only Kazen has a designated Athletic Period.

### III. ALTERNATIVES CONSIDERED (IF APPLICABLE):

If weights are not available a resistance training program should be implemented to include push-ups, plyometric jump training and high impact aerobics.

### IV. RECOMMENDATION AND IMPACT:

Strength and weight lifting/conditioning program at each Middle School to ensure the ability to compete with schools of our classification.

The Athletic Class at Kazen M.S. has shown significant improvement in its student athletes since its implementation of a strength and conditioning program.

### V. DISTRICT GOAL AND CORRESPONDING DEPARTMENTAL INITIATIVE:

Provide a certified weight lifting teacher at each Middle School to reduce the risk of injury during sports participation and improve performance of our athletes.

### VI. FUNDING SOURCE-PROGRAM AND/OR BUDGET CODE:

General Funds