

Professional Development Funds Request: Strength & Conditioning
October 27, 2009

Positions: Strength & Conditioning Teacher (Hidden Valley High School)

I am requesting professional development funds to travel to Colorado for a few different reasons associated with my teaching subject area. I teach 5 periods of Strength & Conditioning and oversee one other class at Hidden Valley High School. I have developed our program and curriculum, take care of facilities, and set safety guidelines.

The National Strength & Conditioning Association is developing a national high school curriculum for high school weight lifting and conditioning programs. This program will be a set curriculum program for high schools to follow. It will be in the best interest for the Three Rivers School District to implement such a program upon its release. I would like to help guide this program into our district. Such a program will greatly reduce the liability of high school weight programs by having a set program in place for program design, safety, and procedures. This new program will also add a written component and nutrition program into our current strength and conditioning programs throughout the district enhancing our academic success as well as physical well being and athletics. This new program will have built in assessments to monitor progress of students and to show results to the district. In order for our district to implement such a program next year, we must have a certified instructor in their "fly solo" program. This is a certification component that allows for the program to be set up, and for students to be monitored using the "Epic" assessment system. Majority of physical education teachers are not trained in the area of strength & conditioning thus having a high risk area in our schools for law suits and injuries. This certification and program would help with being a resource for such teachers.

I have been invited to visit the national chair and his program at a school district in Castle Rock, Colorado. I will spend one and a half days reviewing their program and how the national program will be set up. I will then spend one day visiting the Olympic training center and Air Force Academy's Strength & Conditioning program. I will be making these two visitations to look at facility set up, safety standards, procedures, visit with professionals in the field, and look at new methods of delivery. On Friday December 11th I will participate in an all day "fly solo camp." Prior to this camp I will need to read and review a "flight manual" demonstrating I have a base knowledge of Strength & Conditioning. Once I have completed the "fly solo" camp I will be certified. This will allow me to hold in-services to train physical education teachers in the area of strength & conditioning and be a resource for other teachers in the district. I will be making visitations to junior highs and high schools in our district to aide in facility set up, and safety standards to reduce liability to our district. I will then be working on the national high school curriculum to implement it into our district next fall.

This professional trip will greatly enhance our districts strength & conditioning programs. It will reduce a major liability in the weight rooms by providing a safety standard to all schools. It will add a much needed written component and nutrition program to our conditioning classes. It will give consistency to our district program.

I am willing to aid all physical education teachers that teach strength & conditioning classes in the district in increasing the success of their current programs. Hidden Valley has had great success in our strength & conditioning program. We are constantly looking at getting better and providing a safe, conducive learning environment. We would like to help increase the programs in our district by aligning our programs and giving teachers a resource to count on.

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