

Strength and Off-Season Coordinator

The Weight room would be open at 7:00 am Monday – Thursday for Weights/Agilities and Plyo's. The students will be able to get two days of upper body and two days of lower body workouts in along with their cardio workouts before school starts. After football season the weight room will be open after school also. This will allow the student athlete's that wish to maximize the opportunity to get some extra work in while also allowing them to go to tutorials before or after school if needed without missing out. As we all know, athletes that are stronger and faster have a better chance to compete and have success, no matter what sport they are participating in. It is a proven fact that there are fewer injuries for athletes that are well conditioned year round, instead of just the season they are competing in. This would include all Waskom Athletes both male and female grades 7-12, between 150-200 students. Along with being in charge of all the off-season boys and girls athletic periods I would also be running the Summer Conditioning program for all student athletes.

Thank you,

Greg Pearson