

Good Morning Coaches, Staff and Athletes,

First of All, on the behalf of the Strength and Conditioning staff here at Landow Performance, let us be the first to reiterate that is an honor and an absolute pleasure to begin this partnership with Northfield High School

This Email is to serve three purposes:

- 1) To show and acknowledge the services provided to all of our athletes, regardless of sport.
- 2) To show our Summer 2019 Schedule that is in place.
- 3) To show how to register for classes once athlete is signed up for initial participation in the program

We at Landow Performance believe in training all of our athletes to become more efficient both in movement and the weight room, which in turn allows them to be more efficient in their field of play. As we build the culture of athletics at Northfield High School powered by Landow Performance we pride ourselves not only in building them in a team culture, but we are building them individually as well.

When the athletes are with our staff, we will focus on strength and conditioning protocols as follows:

- Speed: linear and lateral transitions of movement
- Strength: In-Season: being cognizant of seasons and practice, we will incorporate speed emphasis to keep them explosive and strength emphasis to help them build strong overlays in muscle so that joints can move properly and reflect efficient movement in their field of play. Off-Season: understanding the protocols for pre-season and post season demands, we will incorporate strength (muscle development and growth) and sustainability of strength (re-enforcement and flexibility) to keep our athletes strong and healthy for their activities.
- *Injury Prevention: teaching our athletes how to properly slow down and change direction while learning how to control their body positions in space while practicing multiple repetitions to help those transitions.
- *Core strength: strengthening the core muscles in the body which will allow for stronger ability to hold positions and be stronger while participating in rigorous sports activities
- *Active recovery: allowing the body to rebuild by means of stability and integrity. We will make sure the intensity is low to allow them for greater success while they push their bodies to specific demands. We will be attentive to detail which each athlete and every aspect of our training has incorporated the following points above to make sure all of our athletes are successful.

Step 1: Register

Register for participation. Athletes and Parent/Guardian must register and sign waivers through Northfield High School At:

Go to: <https://trial-43875f67.sites.zenplanner.com/index.cfm>

You will then select the membership “ **Northfield High School Nighthawks (\$0.00)**” and select “**Sign-up**”

Parents/Guardians with 2 or more athletes can register all under one account and sign only one waiver.

Step 2: Athletes reserve sessions. **MANDATORY** you must make a reservation for each session you would like to attend.

You will receive a welcome email with website login information and app details. Download Zen Planner App on your mobile device (Member Version). Login with your email address that was used in registration and the temp password. Create your new password. Follow the prompts and once you are signed in you can then select the calendar tab and go to the week of June 3rd and you will see the selection of sessions from 7am-11am to choose from MON/WED/FRI and select the classes you want to reserve. If you would like to attend, please make reservations in advance.

To cancel a class reservation, go to the calendar in the app and click on the reserved class date to cancel.

If you do not have access to a mobile device, you can use also use the following link to login and make reservations or changes.

<https://trial-43875f67.sites.zenplanner.com/index.cfm>

NOTE: The parent/guardian's email login will not work for making reservations unless the email listed on the registration for the parent and athlete are the same.

SUMMER 2019 Schedule: 7am-11am

With our scheduling, this allows for our athletes to be able to train and still have ample time with their teams and coaches for practice solely on skills necessary to their sport.

ALL TRAINING WILL TAKE PLACE AT NORTHFIELD HIGH SCHOOL

MOVEMENT SESSIONS: HELD AT THE FIELD (WEATHER PERMITTING)

WEIGHT ROOM SESSIONS: WEIGHTROOM

June 3rd: Start Date

July 26th: End Date

Week of July 4th: NO TRAINING

WEEKLY SUMMER SCHEDULE:

MONDAY

7am: Weight Room Session *(ALL Freshmen are recommended to be present at this session)*

7am: Movement Session

8am: Weight Room Session

8am: Movement Session

9am: Weight room Session

9am: Movement Session

10am: Weight Room Session

10am: Movement Session

WEDNESDAY

7am: Weight Room Session *(ALL Freshmen are recommended to be present at this session)*

7am: Movement Session

8am: Weight Room Session

8am: Movement Session

9am: Weight room Session

9am: Movement Session

10am: Weight Room Session

10am: Movement Session

FRIDAY

7am: Weight Room Session *(ALL Freshmen are recommended to be present at this session)*

7am: Movement Session

8am: Weight Room Session

8am: Movement Session

9am: Weight room Session

9am: Movement Session

10am: Weight Room Session

10am: Movement Session

Thank you,

Amber Felchle



Amber Felchle

Facility Manager/Assistant to Loren Landow

7094 S. Revere Parkway Ste. 300

Centennial, CO 80112

(720)550-8070 Work

(970)215-8996 Cell

amber@landowperformance.com