

Ammon's Online Coaching

PHILOSOPHY

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Communication

and

Overall Objectives

Overall Objectives:

My overall objectives as a Strength and Conditioning coach are to develop better athletes by placing a program that fits each athlete's needs. I believe that there are specific steps and a particular order to build each athlete to ensure gains are made. I place those steps in place for every athlete, starting with a needs analysis, goal setting, and planning a program that addresses the strengths, weaknesses, and specific goals. I will help increase each athlete's potential throughout our yearly periodization from our strength and conditioning program.

Communication:

Communication is vital when it comes to working towards specific goals. In my coaching, you can communicate six different ways to ensure what is expected of you and what you expect of me. We have a weekly accountability session, which is typically done through zoom. You receive your training programs on your account page on my website for each mesocycle. It is also delivered directly onto your account on the app.

The motivation of Athletes:

Motivation helps drive results; there are six different ways we can communicate. During the accountable sessions each week, I will make sure the conversations are encouraging and productive and answer any questions.

Overall Training Philosophy

Strength Philosophy:

My main philosophy in strength comes from two primary sources Fred Hatfield and Louie Simmons. Many other people have helped influenced smaller areas of my philosophies. I believe there are three subcategories to strength Total Strength, Starting Strength, and explosive strength. You will only reach your potential if you cover all three areas. Time under tension, which Fred Hatfield preaches, you have to load the muscles and allow the body to start to adapt. We can see time under tension by calculating the number of reps with weights used; as an example, 5 sets of 5 reps equals 25 total reps. When doing this with 225 lbs, we can multiply 25 with 225 to allow us to know the total poundage the entire session gave us. When you use time under tension, your primary focus for Total Strength allows the Golgi tendon to begin to be dulled from the amount of tension put on the body. I will always use a percentage of a 1 rm for each athlete to see the progress throughout the year. Whenever an athlete is training, he will be working on one of the three areas of strength, but they will never work simultaneously. Total strength will be the focal point in the off-season while Starting and Explosive Strength will be more of a focal point during In-Season activities. When designing each program, the SAID, Reversibility, and Overload Principles will be included.

- Total Strength 70%-100% of 1 rep max
- Starting Strength 50%-80% of 1 rep max
- Explosive Strength 65%-85% of 1 rep max

The image shows two female athletes on a red running track. One athlete is sitting on the ground on the left, wearing a green and black patterned singlet and dark shorts. The other athlete is in a starting crouch on the right, wearing a bright yellow singlet and dark shorts. The background consists of blue stadium seating and a building with windows.

Conditioning Philosophy :

We will condition each athlete depending on what season we are in for that specific sport, from agility and speed drills with energy system development included with these drills. We will ensure the tempo at each practice will be uptempo. These two areas will help to get each athlete ready for their specific sport.

What to expect: As stated above, proper planning, including strength training, will focus on movements that will allow the most significant performance improvements. These movements should be specific to the athlete: When applying an exercise, it will meet one of the three specific criteria:

- Strength Training
- Sport Specific Skills
- Plyometrics

Training System:

Each athlete will have a program set to their season that they are in, from the Off-season, Pre-season, Season, Postseason, Rehab.

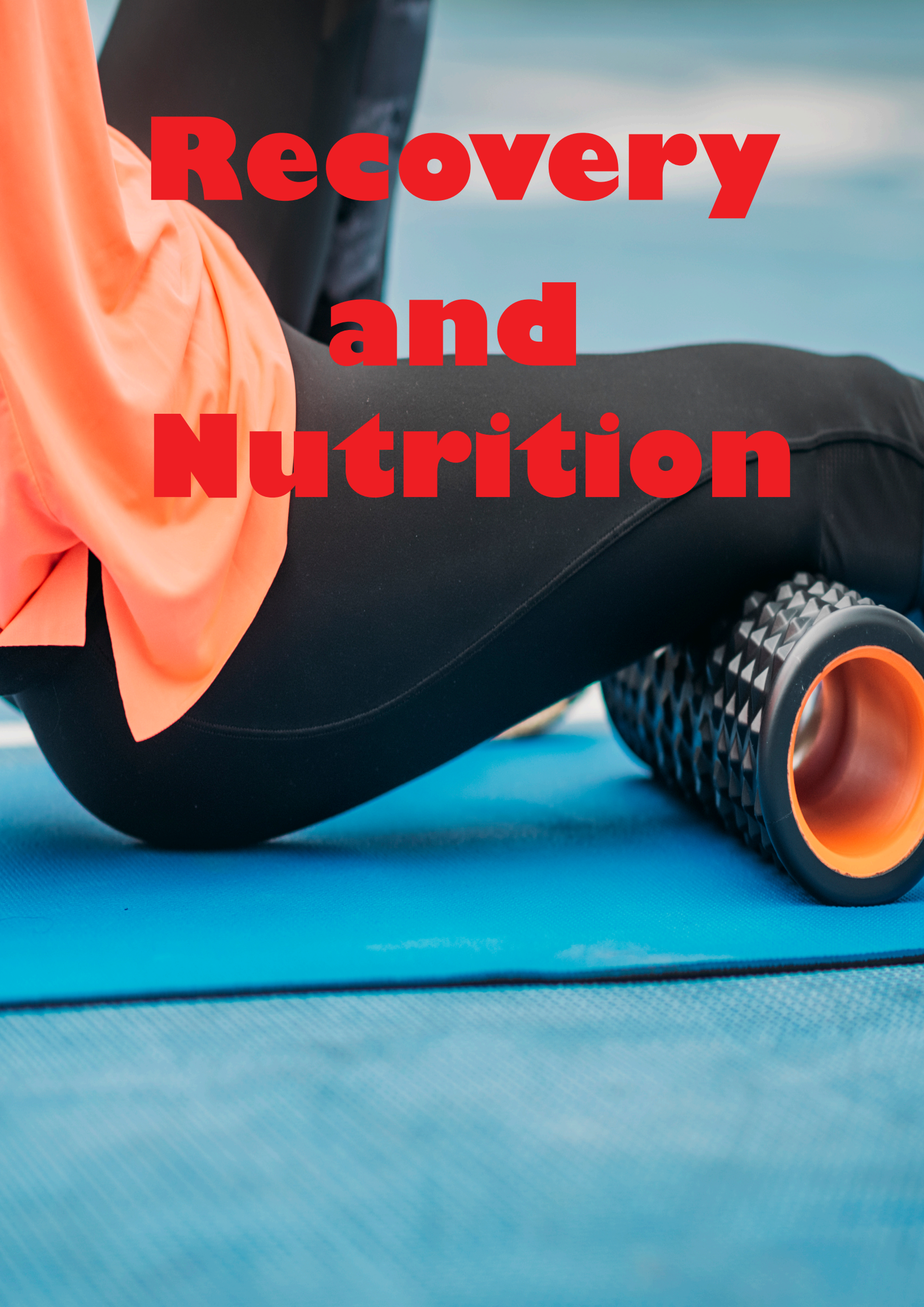
Needs Analysis:

We will do an overall assessment to look at muscle imbalances and flexibility of each individual. The Needs Analysis will see how strong each athlete is by finding their one-repetition max (rep max) for each athlete through a ten repetition max (r max) formula with proper form. Finding each data point (muscle imbalances, flexibility, and strength levels) allows us to dial in the program's effectiveness and give us a good starting point to increasing each athlete's athletic abilities.

We will also be learning what their range of motion is. I want all athletes to have adequate flexibility to help in injury prevention and give each athlete a more remarkable ability to gain the most power in



Recovery and Nutrition



Pre-Rehabilitation:

It addresses each individual's weak link to prevent the possibility of injury that may occur through lack of strength and flexibility. The aim is to be proactive with injury prevention rather than reactive, so we won't wait until it's broken to fix the problem.

Movement Screen:

Evaluate each athlete's General movement qualities as a starting point for training in all sports. I'm always looking at performance-based testing results. It's just as essential to evaluate the quality in how each athlete functions through the biomechanics of their skeletal and neuromuscular systems. The following areas are assessed through the movement screen. (See evaluation test sample)

Goals:

We can't be successful without goals; our goals will be realistic and obtainable. There are a million different goals each athlete can have. By obtaining realistic goals, we will have a better focus on each cycle we are in and why we are doing it.

With obtainable goals, we will keep kids intrigued by working hard for themselves and the team. When the team and players reach specific goals, there should be a small acknowledgment of the plan and setting for the next one, so we cannot be satisfied with mediocre results.

3 Expectations of each goal:

- I expect everyone to set goals for themselves.
- I expect everyone to set goals for the team.
- I expect everyone not to settle on the initial goals but always reaching and setting higher goals.



Training:

Training is broken down by 1) Pre-workout 2) Workout 3) Post Workout. Each workout should never surpass an hour. I have outlined for each section of the training.

Pre and Post Workouts:

Stretching before and after the workout will be necessary for gaining a better range of motion and help prevent injuries. The beginning will start with specific stretches for the range of motion for the day. We then will jump into a small form running before getting into the workout. Stretches to perform will be dependent on the exercises we are doing for the day.

Gaining Success:

Simple hard work over time will help to make improvements in sport-specific movements. As an example: Choosing proper training exercises and Volume with the appropriate motivation for each athlete while educating and coaching on proper techniques, nutrition, and rest will increase each team's potential of a better athlete and decreasing the chance of injury.

I will allow each person to eat right with a few proper steps to keep the body in the most ideal and realistic plan to gain muscle strength and lower body fat. I will educate all athletes about what the glycemic index is and why it is essential. We will then go over eating times and pre and post-exercise nutrition.

Glycemic Index

The Glycemic index is a useful model for what foods are better and when they should be eaten. When the body consumes food, many chemical reactions occur within the body. There are several biological control systems in place to ensure everything is running right. The Glycemic index allows the body to run at its most optimum potential.

Each food has a GI number, which will be 100 to 0. If a food has a value of 100, this means the body will digest and absorb the glycogen into the body very fast. This, in turn, will have the Pancreas producing a lot of insulin in a small amount of time. While 0 means it's a slow period of taking and absorbing the glycogen into the body. During this time, the body is producing a small, steady stream of insulin. The ideal food to eat is dependent on your circumstances and upcoming events. You will, in general, have a lower number throughout the day. The only time to have a larger number is before physical activity. In general, foods containing high amounts of refined sugars have a high GI. On the other hand, foods high in fiber, such as beans, generally have a lower GI.

Why important:

1. Lowers Blood Sugar
2. It keeps the body in a steady supply of energy
3. Allows the body not to overwork itself
4. Help to increase your HDL and lower your LDL
5. Avoid Many Heart Diseases

Typical Foods on the Glycemic Index

<u>High (> 85)</u>	<u>Medium (60-85)</u>	<u>Low (< 60)</u>
Bagel	All-Bran Cereal	Apple
Bread, White, and Whole-wheat	Baked Beans	Applesauce
Candy	Banana	Cherries
Carrots	Corn	Chick Peas
Corn Flakes	Yams	Dates
Corn Syrup	Oatmeal	Figs
Crackers	Orange Juice	Fructose
Honey	Pasta	Ice Cream
Potatoes	Potato Chips	Kidney Beans
Raisins	Rice	Lentils
Soda with Sugar	Rice Long Grain	Milk skim
Sports drinks with Sugar	Spaghetti	Navy Beans
Sucrose	Whole Grain Rye Bread	Peaches, Plums, Tomato Soup, Yogurt

Glycemic Load:

The glycemic load considers the glycemic index and the number of carbohydrates consumed. Doing so better reflects a food's effect on one's blood glucose than glycemic index alone.

To calculate the glycemic load of food, the grams of carbohydrate in a serving of the food is Multiplied by the glycemic index of that food and then divided by 100. Example , Vanilla Wafers have a glycemic index of 77, and a small serving contains 15 g of carbohydrate.

This yields a glycemic load of 12. (ex. $(77 \times 15) / 100 = 12$)

So even though the glycemic index of vanilla wafers is considered high, the glycemic load calculation shows that the impact of this food on blood glucose levels is relatively low



Metabolism:

Eating Times: at least six times a day, they don't have to be large meals, but smaller portions will lead to a few things a steady blood sugar level, keeping the body in a constant anabolic state, and lower the chances of other health issues including heart diseases, hypertension, lower natural BI, type II Diabetes

Pre and Post Workouts:

The golden rule is 45 minutes or sooner after a workout to have a protein shake. The shake should have some whey protein and some type of casein to allow for the best optimum Post work out recovery. We will ensure each athlete on their pre supplement workout will follow all NCAA protocol.



MAIN FUNCTIONAL
TRAINING AREAS :

Dynamic Movement Warm-Up: Athletes will warm up by starting with Dynamic Stretching at the beginning of training. Dynamic Stretching will allow improvement with a range of motion and let the muscle fibers and connective tissues be ready for more explosive movements during exercises. All warm-ups should progress from general to specific, shorter range of motion to higher range of motion, and low intensity to high intensity.

Speed Preparation (Plyometrics): Following a low to high-intensity warm-up and general to a specific approach, the next phase would incorporate beginning to increase the neuromuscular systems ability to create forceful, rapid movements by increasing the rate of force development. Even though maximum strength plays a role in athletics' performance, the rate at which force can be applied is even more critical because baseball skills are time-dependent. Hence, these power improvements are essential for performance.

Speed Application Linear and Specific: Speed application can be broken down into two components that will improve performance.

- **Tactical:** Improving the efficiency and technique of the movement to produce optimal positions for acceleration, deceleration, and change of direction.
- **Technical:** Using the improved technical ability in an actual sports similar movement that can transfer the technical ability

Power Development

Strength is the ability of a muscle or group of muscles to produce force, and power is time-dependent strength application. Training for strength and power must focus on the entire continuum of strength from high force to low velocity to high Velocity / low force. Using ground-based, multi-joint, and three-dimensional exercises will have the most significant carryover to athletic performance. Exercise selection will be based on training movements that will fall into five categories to train the entire body. Activity will be based on an athlete's progression and training skill to provide the most

Effective and efficient workout.

1. **Lower Body Push-** Lower Body Push exercises train the legs and move the center of gravity towards the ground (deceleration). Then explode away from the ground (acceleration) via triple joint (hip, knee, and ankle) flexion and extension that will improve the ability to produce force against the floor.
2. **Lower body Pull-**Strength training movements load the hips outside the support base (deceleration) and pull the hip back into support (acceleration). These movements are focused on hamstrings, Glutes, and Torso.
3. **Upper Body Push –** Movements focused away from the body.
4. **Upper Body Pull –** Movements focused towards the body.
5. **Core-** The lumbar pelvic complex will be the focal point of core work. We train this area to efficiently transfer forces from the lower body into the upper body to prevent loss of strength and power. With a stronger core or Lumbar Pelvic Complex, there will be no loss of energy or weak force transfer from the lower body to the upper body.
6. **Energy System Development (ESD)-** Training within good work to rest ratios will provide the most significant event-specific conditioning adaptations. This will allow the dominant energy system used in each event to work effectively and recover adequately throughout a competition.

Recovery and Regeneration:

Training is stress, and the only way adaptation and improvement happens is through RECOVERY. These methods must be incorporated and instilled if we want to reduce fatigue, and over-training is to be minimized and injury potential reduced.

Some of these methods include:

- 1. Post Workout stretching**
- 2. Soft Tissue Work**
- 3. Ice**
- 4. Active Rest**
- 5. Post Workout Supplementation**
- 6. Nutrition**
- 7. Hydration**
- 8. Alcohol Avoidance and Sleep**

Overall Samples

Sample of Pre-workout:

Stretches to perform will be dependent on the exercises we are doing for the day.

Stretches (5min total):

- Straight leg lift
- Onside inside-outside leg
- Knee Leg Pick Ups
- Donkey Kicks
- Hip Circles
- Bird Dogs
- T Spine Rotations
- Body Squats
- Split squat

Form Running, Simple Plyometrics (10min total):

- Cradle Walk
- Quad Walk
- Over the Fence Under the Fence
- Single-Leg RDL Walk
- Reverse Lung Twist Across
- High Knees
- Butt Kicks
- A-Skips
- Shovel Arm Swing



Post Exercise Stretches:

Post-exercise stretches are the most important part to allow better recovery and gain flexibility. If available, we will foam roll all areas and band stretch the area we worked on. If we don't have foam rolls or bands stretching, we will see normal employee static stretching; all extended areas will be the muscle groups we worked on for the practice.

All Exercises Being Employed (30-45 min workout):

All exercises being used are based on the needs and abilities of the athlete. Depending on the goals the experience, and the equipment available to the athlete, I will be able to include a program that fits those needs and ensure the intensity to ensure we are reaching goals

What are your Goals? I can Help!

3 Ways I can Help



- Online Semi-Private Classes
Call to see how this helps

- 3Month Scholarship
Call to see how this helps

- Buddy Program 2 for 1
Call to see how this helps

Conect with me

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