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While it would be impossible to discuss all facets of our program there are many wonderful books written regarding the science and practice of strength training / performance enhancement. Likewise, there are numerous books that belong in the trash as opposed to a book store so please don't hesitate to ask me for recommendations. FYI: worthwhile books are somewhat hard to find but most can be found at [www.elitefts.com](http://www.elitefts.com)

## TRAINING PHILOSOPHY

Our approach to developing athletes can be described as functional, progressive, integrative, and highly effective. Simply put, we focus on training movements not muscles, we utilize the most advanced methods of training available, and we train all parameters of athletic performance.

We emphasize multi-joint, three-dimensional, and ground-based movements.

We periodize our training on a 5-week block cycle systematically changing the volume and intensity of training to maximize adaptation.

We emphasize lifting technique over the all-too-common lifting progressively heavier weights with progressively deteriorating form.

Our training addresses neural, structural, and metabolic adaptation.

We utilize the squat as a staple for developing overall strength and size.

We utilize Olympic movements (ie. clean, snatch, jerk), implement throws (ie. sandbag toss, hammer throws), and plyometric exercises to develop power.

We train our "core" or torso every training day by rotating the method between the following categories: 1) dynamic 2) static 3) ballistic 4) unstable-reaction

A sample of some exercise selection parameters to be considered:

1. joint angle
2. contraction type
3. contraction sequencing
4. rate of force development
5. time
6. tension
7. uni versus bi-lateral

It can take years to fully develop a young athlete but when given the opportunity virtually all athletes can achieve high-performance. Once an athlete has attained a high-level of physical development the last and most oft neglected piece of the puzzle is to return to the original state of mind that enticed them to play in the first place...*for the love of the game*. If there ever was a secret to getting in the zone or flow of any sporting event it is to let go, have fun, and be in the moment. There are two books to read on this subject: 1) "Flow" by [Csikszentmihalyi](#). And 2) "Inner Game" by [Gallwey](#)

