

HANDBOOK

VIKING STRENGTH



AND  
CONDITIONING

## **Philosophy**

The goal of Viking Strength and Conditioning program is to work with student-athletes to enhance their physical ability and athletic performance to reach his or her physical potential. Each student has the opportunity to impact his or her performance, health and physical ability by being committed to put forth the time and effort necessary to achieve their goals.

## **Goals**

The following areas are to be improved through the Viking Strength and Conditioning Program.

## **Work**

Strive to increase:

- Work Ethic
- Work Effort
- Work Intensity

## **Team Building and Cooperation**

Strive to build:

- Confidence
- Accountability
- Unity
- Competitiveness
- Camaraderie

## **Injury Prevention**

Strive to prevent injury through:

- Strength
- Conditioning
- Flexibility
- Nutrition Guidance
- Rest & Recovery

## **Development**

Strive to utilize:

- The Strength and Conditioning program will be used to improve the student-athlete's level of athletic performance, physical fitness, and physical ability.