



The FiT Club

Females in Training

Strength and Conditioning Program for Female Athletes of Non-Winter Sports

Information Handout

During portions of the next 4 months, there will be a strength and conditioning program for all non-winter sport female athletes at Normal West. Lifting workouts will be Tuesday and Thursday after school from 3:45-4:45PM in the weight room. Cardio and agility workouts will be on Monday, Wednesday and Friday in the senior cafeteria and will be run by the soccer coaches (Coach Walker and Coach Piepenbrink). Yoga will also be offered once a week as an alternate workout. Please consult the calendar for dates and times.

If you join the Remind message group, you can receive messages if the schedule changes. Type the message @thefitclub to the phone number 81010 to join.



Payment

The cost for this program is \$10. If paying by check, please make it out to Normal West. Please put payment and the registration form in an envelope with the student-athlete's name on it. This must be turned in to Coach Schermann before participating in The FiT Club.

Purpose

The purpose of this program is to provide a safe environment for all student-athletes to improve their strength, speed, cardio, and agility in their respective sport.

Rules and Regulations

Dress like an athlete. Tuck in your shirt. Wear shorts and tennis shoes. No jewelry. Address all coaches by "Coach." Be respectful to all adults and teammates. Chart your lifts during workouts. Participants must be lifting, spotting, or recording on their chart.

Average athletes lift...great athletes lift, record, and break records every day.

Be sure to celebrate with those who break records – give a high 5, a hug, or a pat on the back – cheering each other on is always encouraged! We are in this together – when your teammate gets better, so does your team. Put weights, bands, foam rollers, etc away after each use. Don't wait for someone else to do it. Be on time. Be safe. Be responsible. Check in with one of the coaches before you leave. Help yourself become the best athlete possible by working to your maximum limit every day.

If it was easy to be good, everybody would be good. If it was easy to win, everybody would win. You must be willing to do the little things that most athletes aren't willing to do.



Registration Form

Student-Athlete Name _____ Grade 9 10 11 12

Are you in Personal Development? Y N If yes, which semester(s): 1st 2nd Who is your teacher?

Are you signed up for any workout programs outside of the school? Y N

If yes, please list which program (for example, Warbird, Sports Enhancement, Crossfit, etc) and tell me how many days you lift/train, what lifts you are doing, the dates and times of these workouts and any other information you'd like to share.

Next sport you will be participating in: _____

Rate yourself in the weight room:

Beginner (0-1 year)

Intermediate (2-3 years)

Advanced (4+ years)

Fee: \$10 – payment must be cash or check made payable to Normal West

Please put this form and payment in an envelope with the student-athlete's name on the outside.



The FiT Club

Females in Training

MONDAY senior cafeteria	TUESDAY in weight room	WEDNESDAY senior cafeteria	THURSDAY in weight room	FRIDAY senior cafeteria
	Nov 15 lifting 3:45-4:45		17 lifting 3:45-4:45	
	22 lifting 3:45-4:45			
28 running 3:45-5:15	29 lifting 3:45-4:45	30 running 3:45-5:15	Dec 1 lifting 3:45-4:45	2 running 3:45-5:15
5 running 3:45-5:15	6 lifting 3:45-4:45	7 running 3:45-5:15	8 lifting 3:45-4:45	9 running 3:45-5:15
12 running 3:45-5:15	13 lifting 3:45-4:45	14 running 3:45-5:15	15 lifting 3:45-4:45	16 running 3:45-5:15
19 running 3:45-5:15	20 FINALS TBA	21 FINALS TBA	22 FINALS TBA	
26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL
Jan 2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 NO SCHOOL
Jan 9 NO SCHOOL	10 lifting 3:45-4:45	11 running 3:45-5:15	12 lifting 3:45-4:45	13 running 3:45-5:15
16 NO SCHOOL	17 lifting 3:45-4:45	18 running 3:45-5:15	19 lifting 3:45-4:45	20 running 3:45-5:15
23 running 3:45-5:15	24 lifting 3:45-4:45	25 running 3:45-5:15	26 lifting 3:45-4:45	27 running 3:45-5:15
30 running 3:45-5:15	31 lifting 3:45-4:45	Feb 1 running 3:45-5:15	2 lifting 3:45-4:45	3 running 3:45-5:15
6 running 3:45-5:15	7 lifting 3:45-4:45	8 running 3:45-5:15	9 lifting 3:45-4:45	10 running 3:45-5:15
13 running 3:45-5:15	14 lifting 3:45-4:45	15 running 3:45-5:15	16 lifting 3:45-4:45	
	21 lifting 3:45-4:45	22 running 3:45-5:15	23 lifting 3:45-4:45	24 running 3:45-5:15

PLEASE NOTE: All dates are subject to change due to the winter sports schedules. The FiT Club is a strength and conditioning program for female athletes. There is a one-time fee of \$10. Checks can be made payable to Normal West. Text the message **@thefitclub** to 81010 to join The FiT Club's Remind text messaging group.

Contact Information Weight Room Supervisors

Coach Schermann schermaa@unit5.org
 Coach Wulfers wulferssteve@gmail.com

*access the lifting workouts (and instructional videos) at www.unit5.org/fitclub

Running (Cardio/Agilities) Supervisors

Coach Walker walkerv@unit5.org
 Coach Piepenbrink piepenbbs@unit5.org

Yoga Supervisor

Becky Franks franksr@unit5.org

*yoga is not on the calendar yet but will take place after school on Mondays or Wednesdays