

STACKING UP... **THE BUILDING BLOCKS OF A DIII** **STRENGTH & CONDITIONING PROGRAM**



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Coach K's Building Blocks...

The Making of a Strength Coach



Defining a Purpose... In Pursuit of Championship Moments



Electricity (n.)

a fundamental form of energy observable in positive and negative forms that occurs naturally (lightning) or is produced (power);

also a keen, contagious excitement.

Embracing the process...

Gathering the Blocks



- ⚡ Serving your ATHLETICS DEPARTMENT
- ⚡ Complying with DIII NCAA regulations
- ⚡ Establishing a Coaching/Program PHILOSOPHY
- ⚡ Creating a CULTURE that entices
- ⚡ Ensuring student-athlete ENGAGEMENT
- ⚡ Evaluating your student-athletes' PROGRESS
- ⚡ Programming for YOUR student-athletes/space
- ⚡ Utilizing your RESOURCES wisely
- ⚡ Developing your S&C FAMILY/STAFF
- ⚡ Preparing for the FUTURE

Part of the Bigger Picture...

UNE Athletics Snap Shot



17 Varsity Athletics teams

- ⚡ Field Hockey
- ⚡ Women's Volleyball
- ⚡ Softball
- ⚡ Women's Rugby – 15's & 7's
- ⚡ Women's Swimming
- ⚡ Men's Golf
- ⚡ Football (2017)
- ⚡ Soccer – Men's & Women's
- ⚡ Basketball – Men's & Women's
- ⚡ Ice Hockey – Men's & Women's
- ⚡ Lacrosse – Men's & Women's
- ⚡ Cross Country – Men's & Women's

DIII Strength & Conditioning... Complying with NCAA Regulations



In-Season Student-Athletes/Teams

- ⚡ S&C can be mandated, tracked, recorded
- ⚡ Sessions must be led by a credentialed S&C Coach
- ⚡ Weight room can be reserved for team sessions
- ⚡ Programs can be team or athlete-specific
- ⚡ Social Media – Share away!

Off-Season Student-Athletes/Teams

- ⚡ S&C must be voluntary at all times – Sport Coaching Staff may not be involved in any way
- ⚡ S&C Coach can lead/schedule team sessions with team captains, but cannot require/track attendance
- ⚡ Programs must be team-specific
- ⚡ Social Media – NOTHING



Coaching/Program Philosophy...

Leave it Better



Every training session is an opportunity for growth and a chance to make a positive impact:

- ⚡ Individual improvement
- ⚡ Team improvement
- ⚡ S&C Coach improvement
- ⚡ Facility improvement

Lessons applicable to life that transcend the weight room or playing surface...



Creating a Culture...

Nor'easter G.R.I.T.



GREATNESS – remarkably skilled, marked by enthusiasm, superior in character; STRIVING TO LEAVE IT BETTER

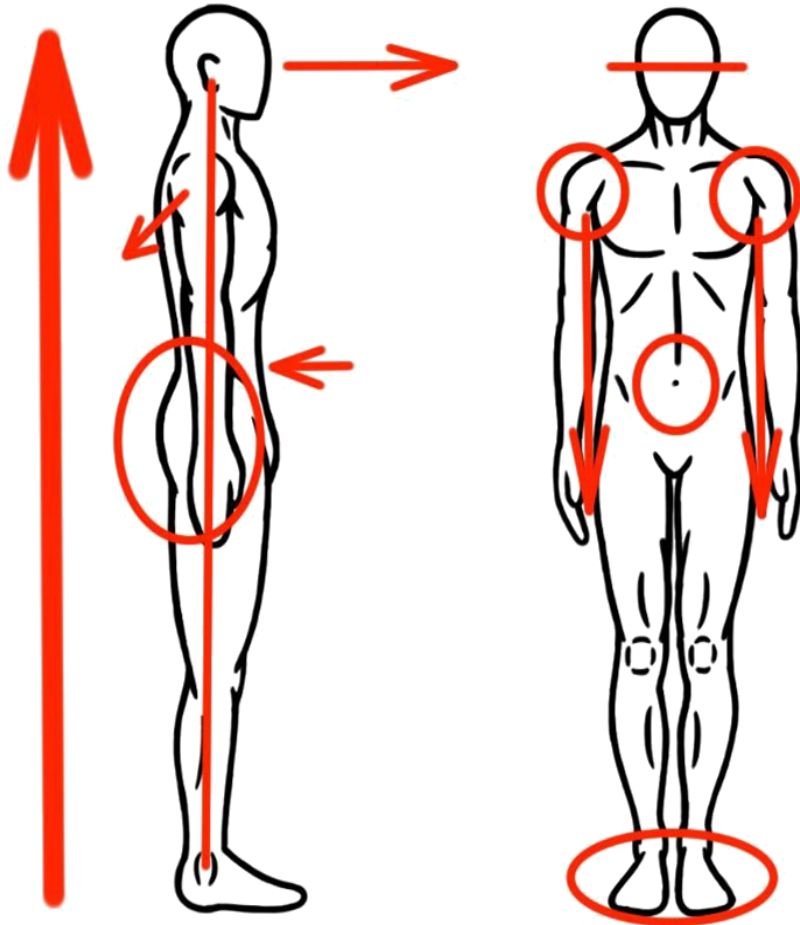
RESILIENCE – to recover from difficulty with ease and to fight in the face of adversity; HAVING A GROWTH MINDSET

INTEGRITY – impeccable level of trustworthiness and responsibility; DOING WHAT YOU SAY YOU WILL

TENACITY – persistent in the pursuit of something highly valued, a ferocity in approach; ENJOYING THE FIGHT

Training Philosophy...

Vertical Stacking



Every movement in the weight room begins and ends by STACKING UP:

- ⚡ Joint-by-Joint approach to movement
- ⚡ Common language with staff to teach proper form with new athletes
- ⚡ Physical reminder to start and finish every rep with excellent form
- ⚡ Mental reminder to attack weaknesses with confidence

Every chance to STACK UP in the weight room is an opportunity to implement our systematic, detail-oriented approach to creating more efficient, safer, stronger athletes.

Image from <http://www.prehabexercises.com/basic-assessments-and-movement-evaluations-for-runners/>

Training Philosophy...

Neutral Spine Stacking

HIP HINGE WITH POLE

Hip Mobility & Core Stability

Fold at Hip and Maintain
Three Points of Contact:
Head, Heart & Hips

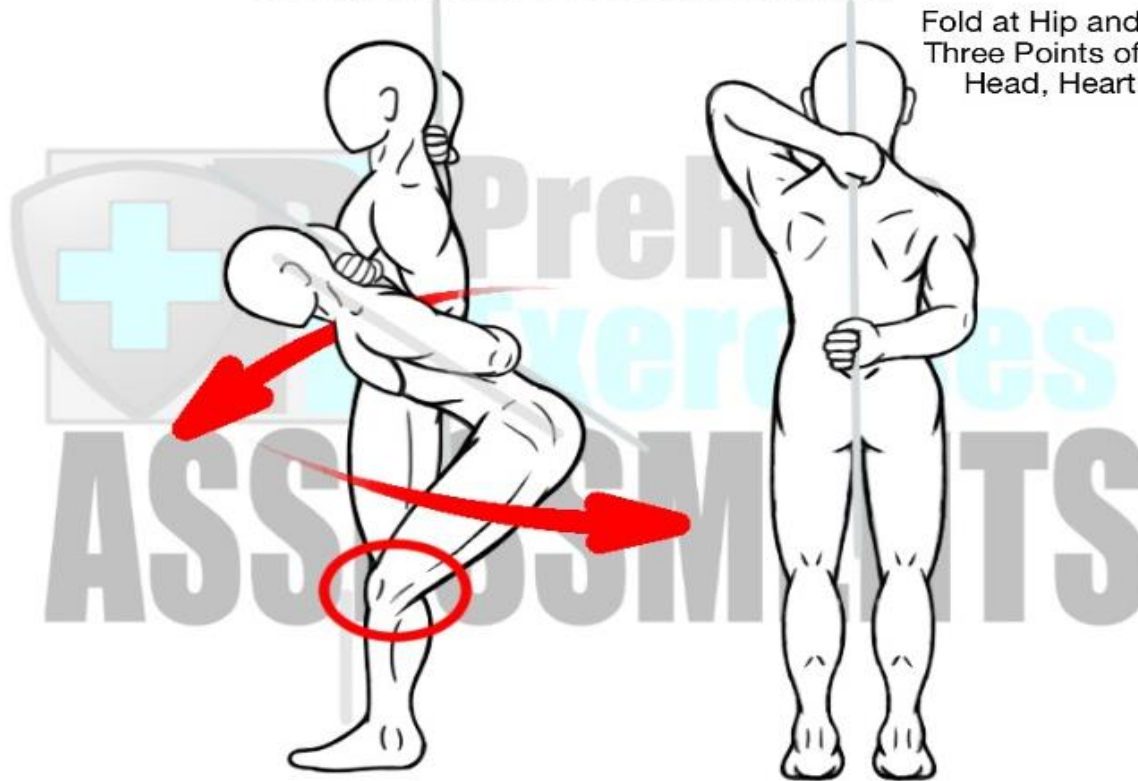


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Training Philosophy...

Horizontal/Parallel Stacks

Deep Overhead Squat

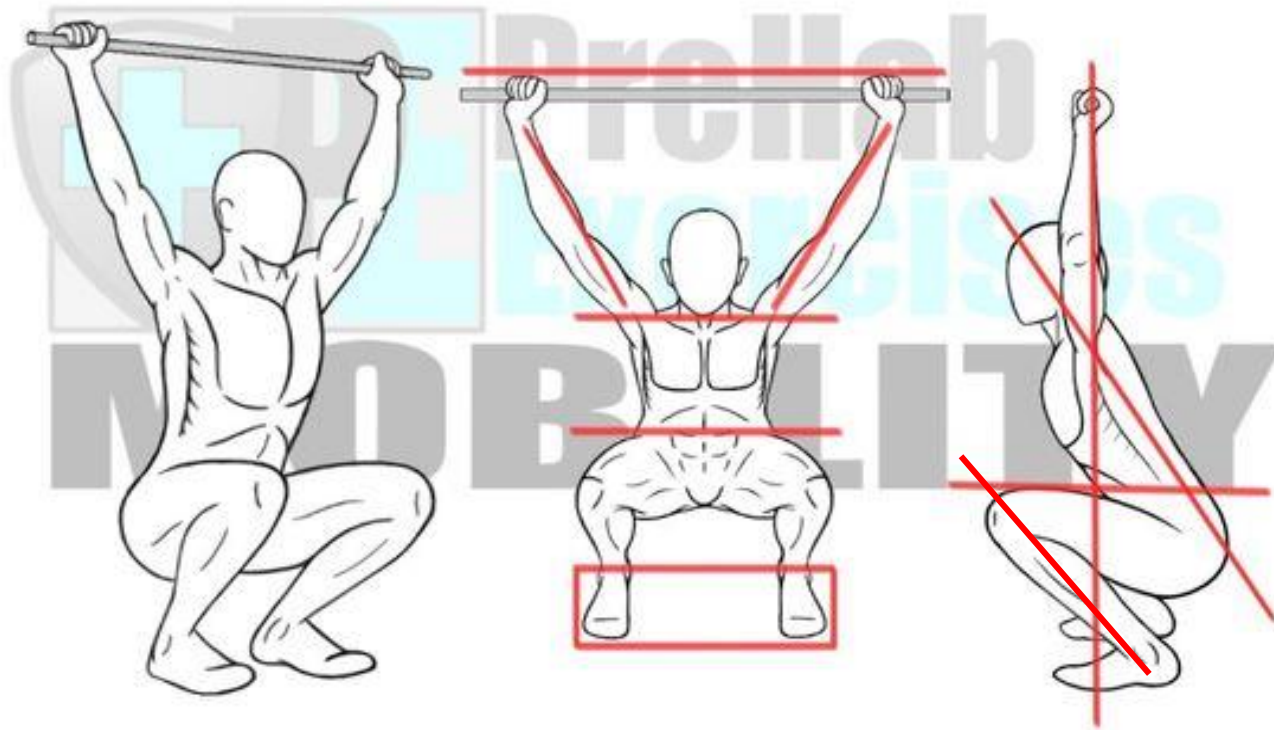


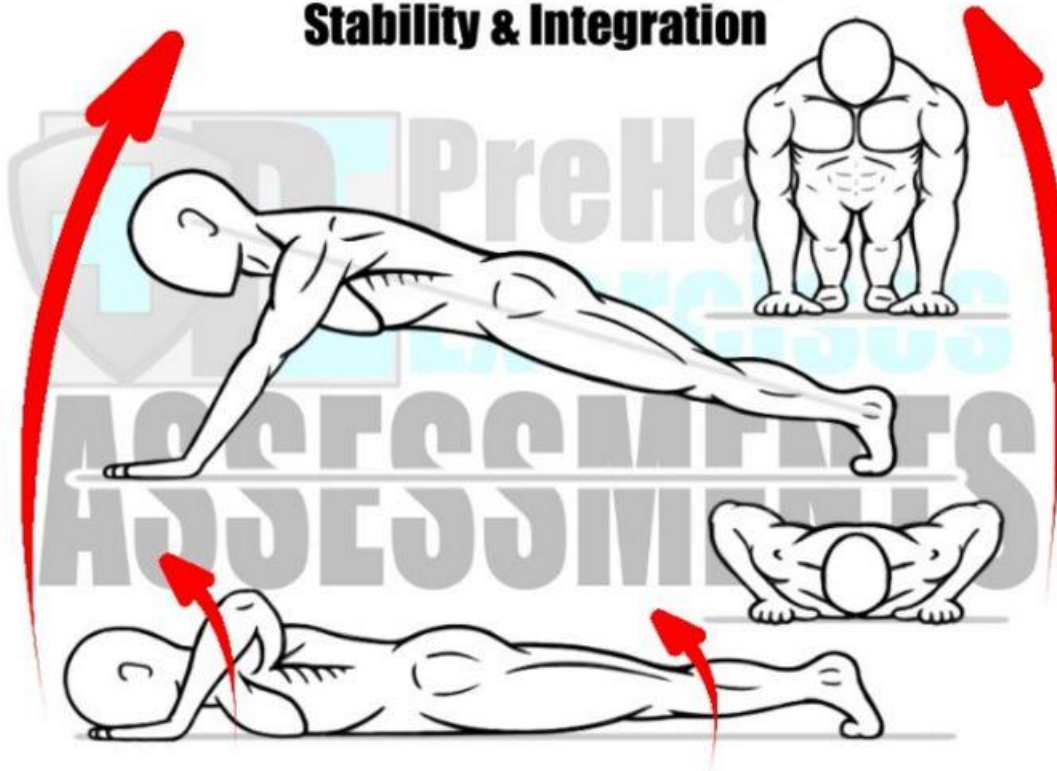
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Training Philosophy...

Prone Stacking

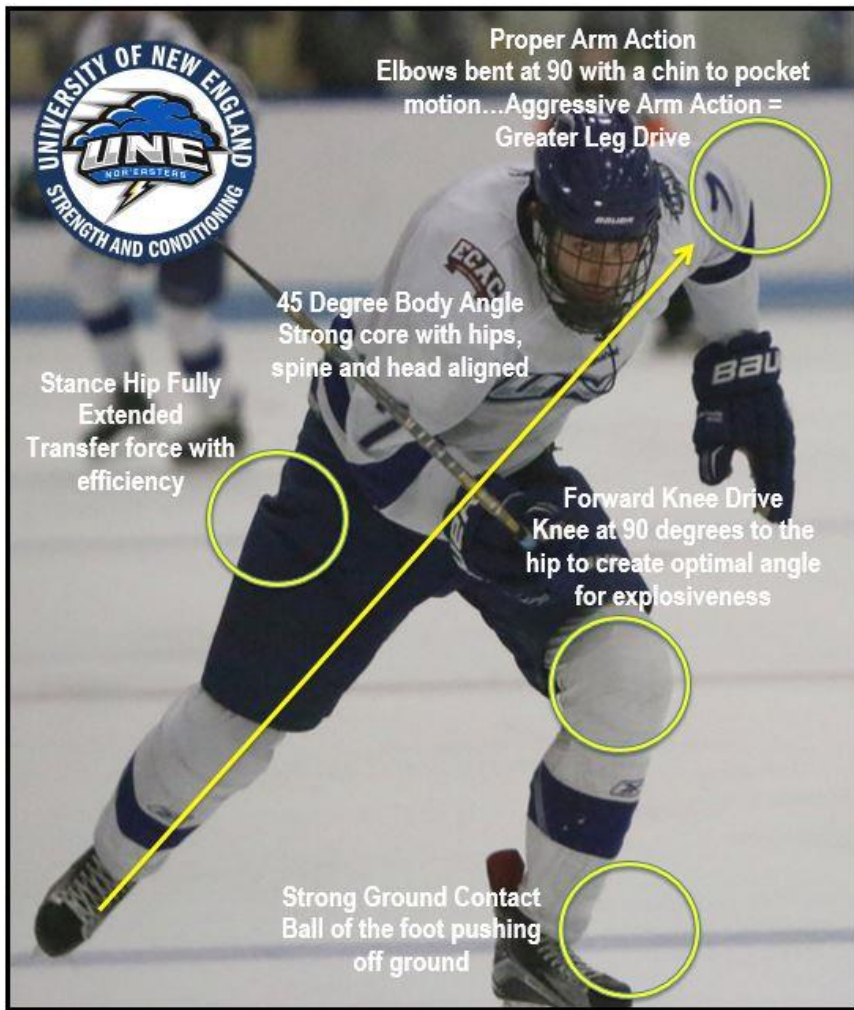
TRUNK STABILITY PUSH-UP

Spine - Shoulders - Hip
Stability & Integration



ACCELERATION

The ability to reach maximum speed in the shortest distance or time possible



ROTATIONAL POWER

The ability to abruptly stop and re-start your momentum in a new direction by swiveling your hips and shoulders



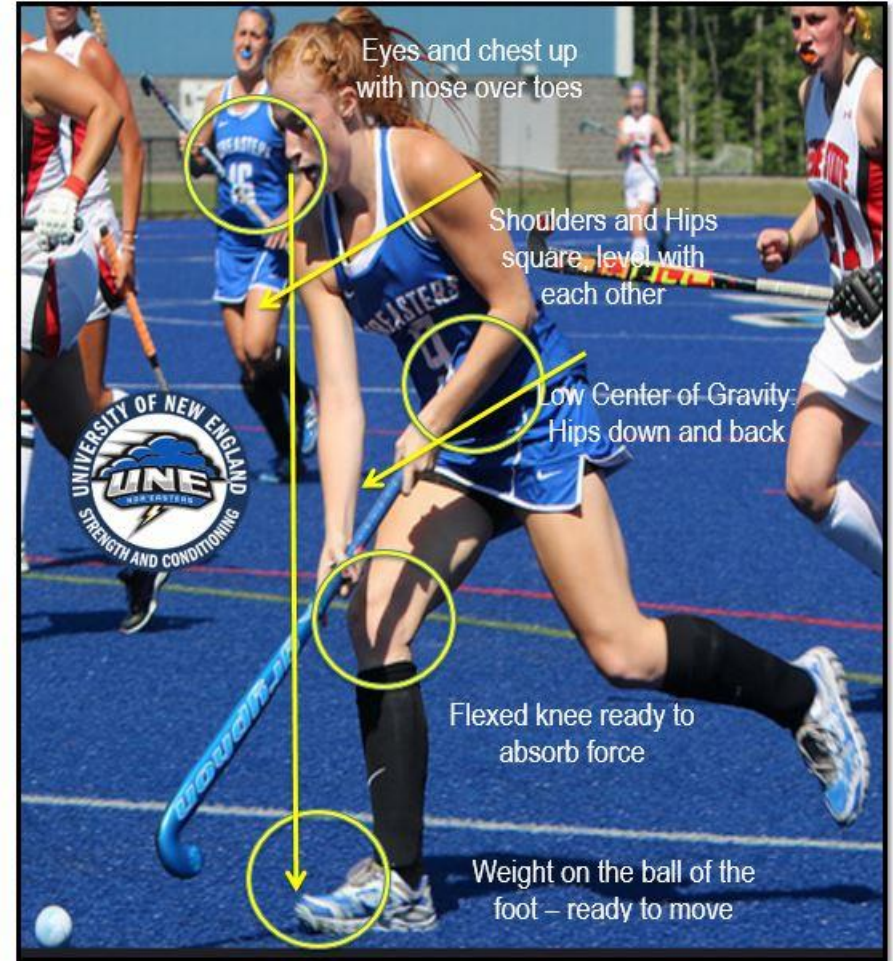
Triple Flexion – Load/Land

The ability to bend at the ankle, knee and hip resulting the storage of potential energy to be used to explode vertically or to absorb force during landing



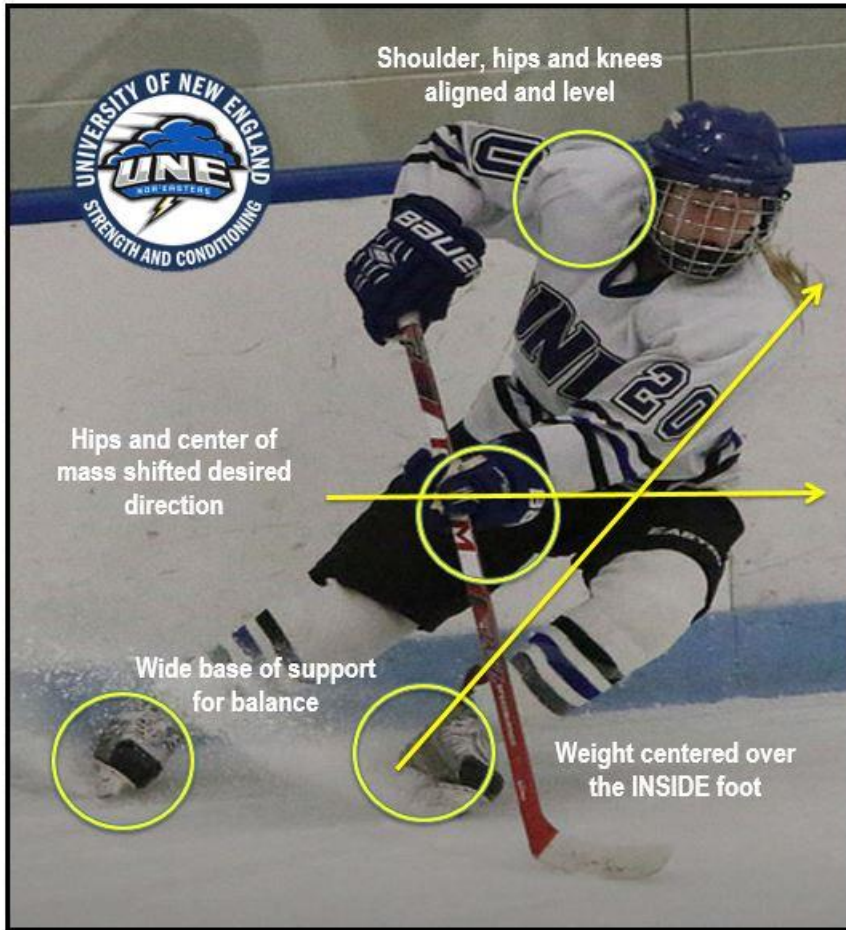
SINGLE LEG CONTROL

The ability to stabilize at the hip, knee and ankle on a single leg while moving around the limb in contact with the ground to create rotational power, jump, land, and start/stop a sprint



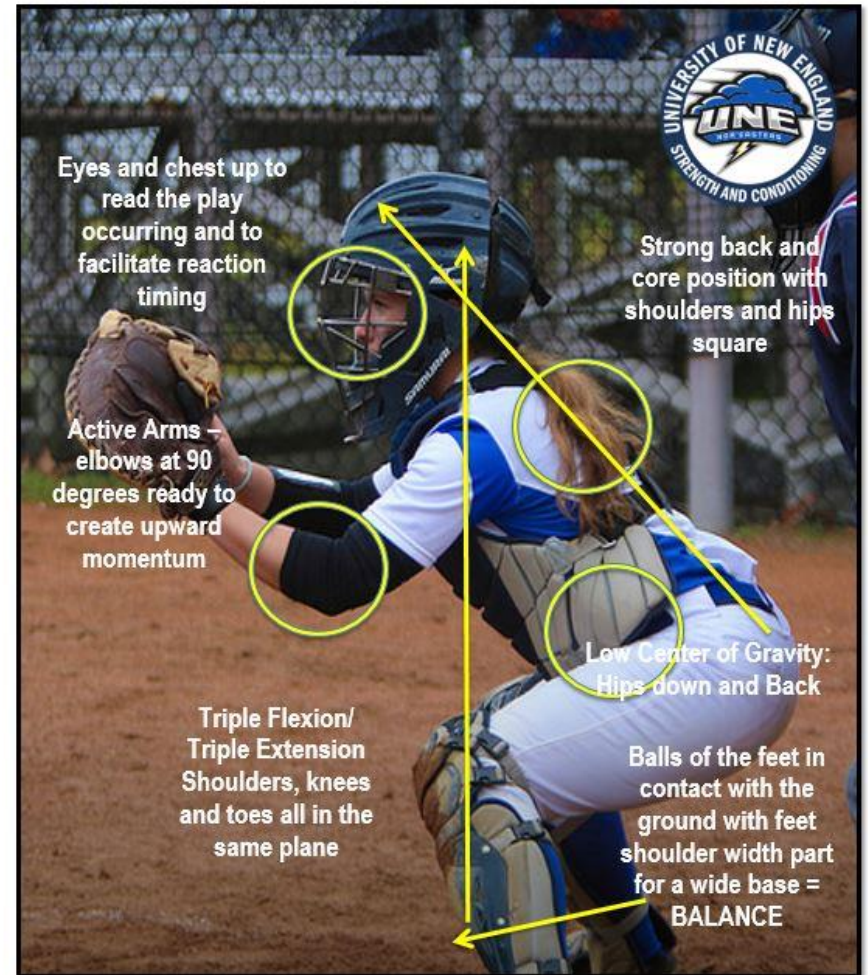
WEIGHT SHIFT/DISTRIBUTION

The ability to shift and manipulate bodyweight and center of mass in an advantageous manner – weight must be centered over the inside foot relative to the desired direction in order to be agile



POWER POSITION

The universal athletic position – Load, Explode and Land, Sprint and Cut



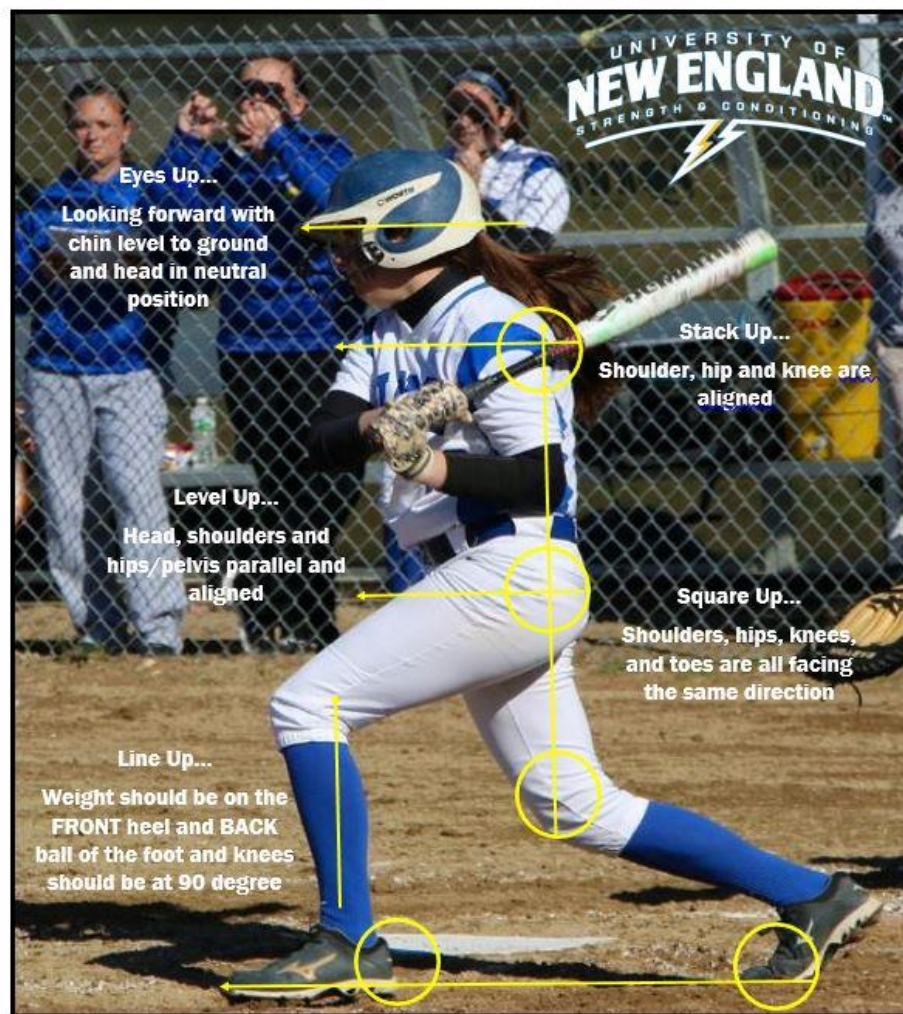
DEADLIFTING/HIP HINGING

Strong and powerful athletes need to harness the ability of the posterior kinetic chain to both create and control speed – activation of major stabilizing musculature is key!



SPLIT STANCE POSITIONING

The ability to stabilize the pelvis and spine with one foot in front of the other is a necessary skill for all athletes



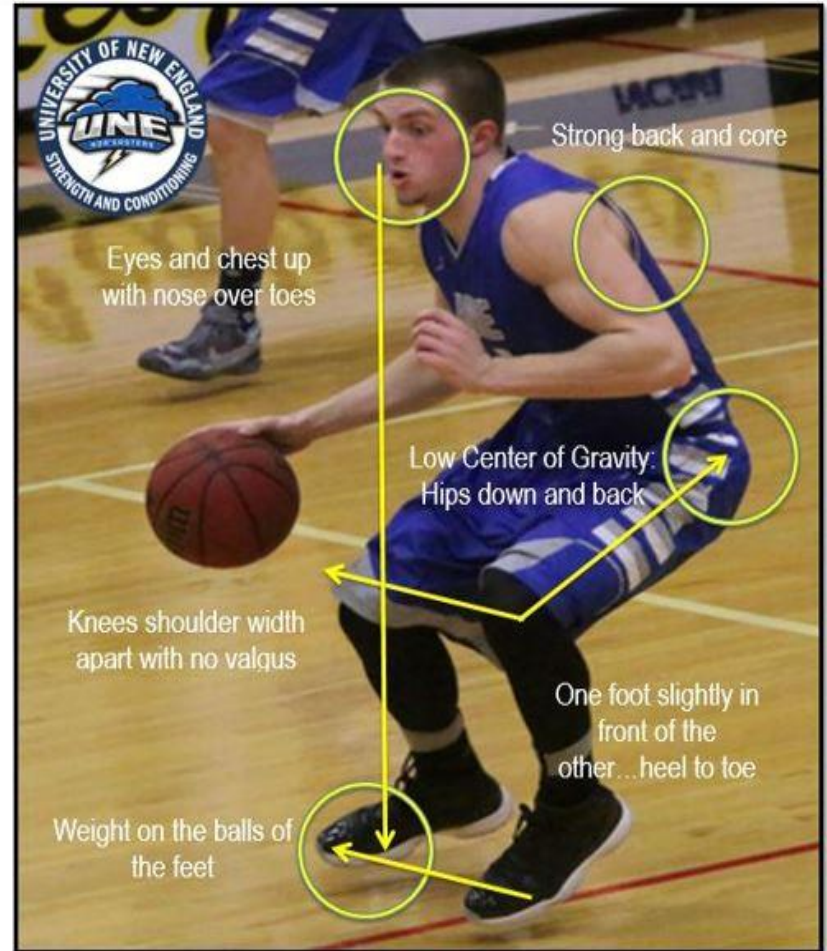
CHANGE OF DIRECTION

The ability to accelerate, decelerate and reaccelerate in any direction without losing speed or balance



DECELERATION

The ability to slow down and absorb the forces and momentum created when sprinting linearly or when backpedaling



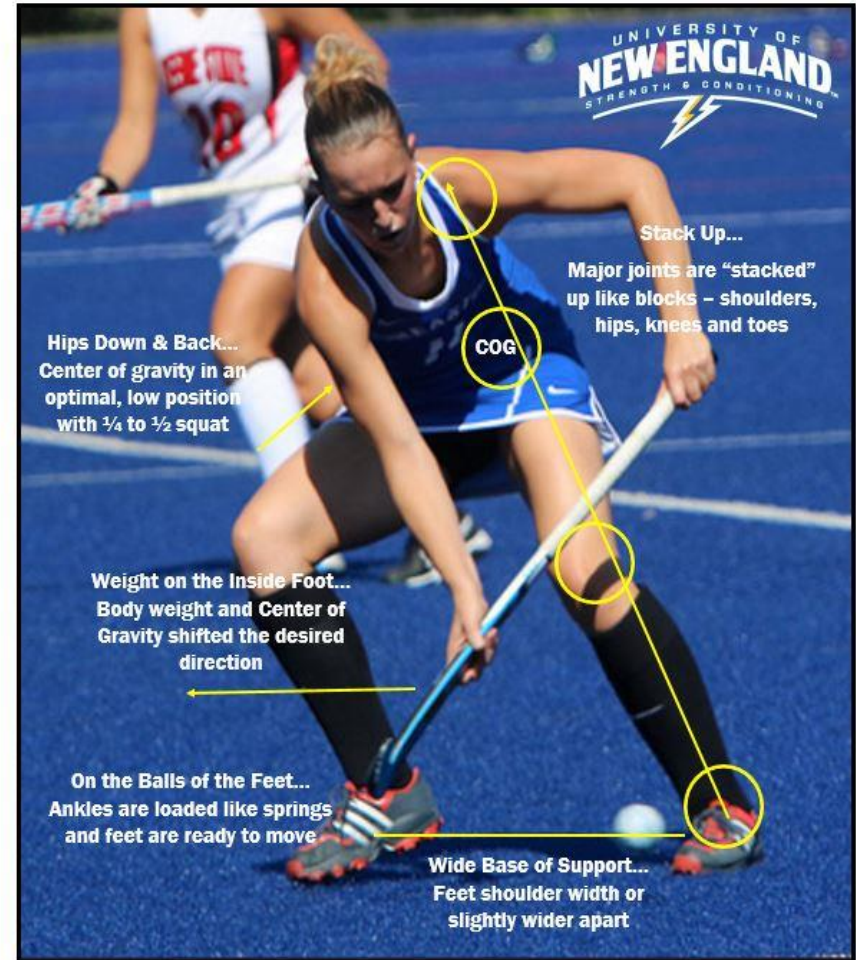
THE FIVE TENANTS OF SPEED

To be fast as a Nor'easter rolling in, there are five important mechanics to master – Neutral Spine, 90/90 Arm Action, Knee Drive, Toes Up, Foot/Hip Relationship



CENTER OF GRAVITY (COG) MANAGEMENT

The ability to maintain a low center of gravity while moving laterally is crucial to effective change of direction and agility mechanics



Student-Athlete Engagement... Facilitating Individual/Team By-In



MEET THEM WHERE THEY'RE AT – THEN BRING THEM ALONG FOR THE RIDE...



Student-Athlete Engagement... Intra-Squad Competition & Comradery



The weight room is a giant chemistry set:

- ⚡ Competition is encouraged within teams and between teams
- ⚡ Cooperation is a necessary ingredient for success
- ⚡ Comradery is the natural product of competition

Pressure + Talent + Sweat = G.R.I.T



Testing & Evaluation... Functional Movement Screen



Every athlete and team undergo the FMS once per year and subsequently after injury if warranted:

- ⚡ Excellent communication tool with AT's, coaching staff and most importantly, the ATHLETES
- ⚡ Allows for a quick glimpse of what the WHOLE team needs added to warm ups, programming etc.
- ⚡ Provides direction on movement patterns and correctives needed

Testing & Evaluation...

Performance Testing



Every UNE student-athlete has the opportunity to learn their Athletic Performance Profile in team testing sessions or in the bi-annual Nor'easter Performance Testing Night:

- ⚡ All athletes are tested 4 times per year – every 3 months (Pre, Peak, Post, Off Season)
- ⚡ The Performance Testing battery includes:
 - 10, 20, 30 & 40yd Dash
 - 5-10-5yd Shuttle
 - T-Test
 - Broad Jump
 - Vertical Jump
 - 300yd Shuttle
 - On-Ice Testing for Ice Hockey

Testing & Evaluation...

Strength Testing

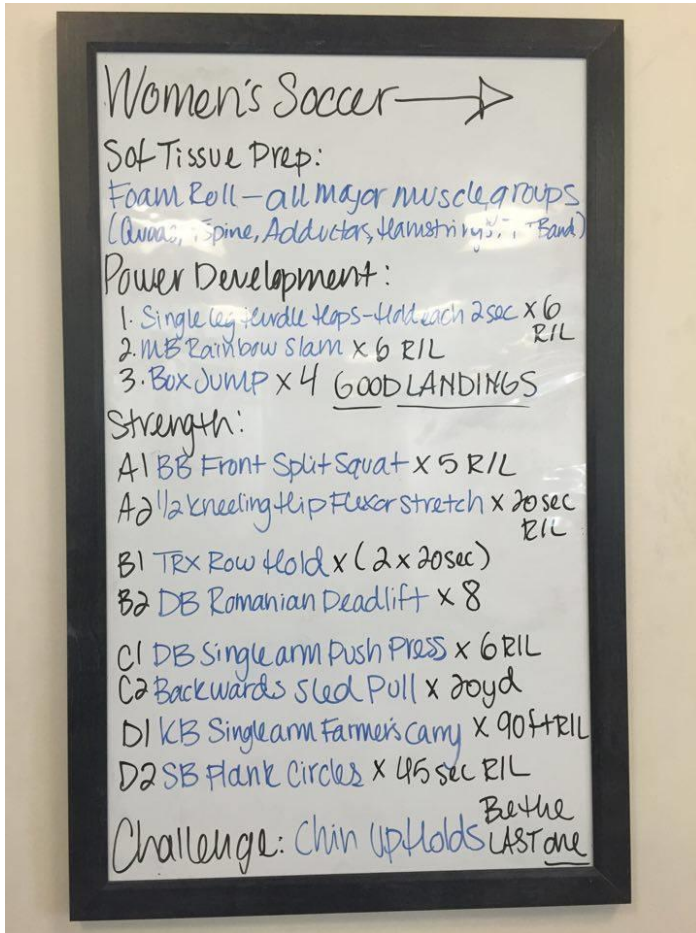


All teams undergo Strength Testing specifically designed for their sport-specific demands:

- ⚡ Student-Athletes EARN the right to test by proving proper form – all First-Year's must undergo the FMS prior to testing
- ⚡ Strength Testing includes:
 - Chin Ups/Hold – AMRAP/AMTAP
 - 1 or 3 RM Bench
 - 1 or 3 RM Squat
 - 1 or 3 RM Hang Clean
 - ½ Bodyweight Farmer Carry for Distance

Team Program Design...

Do Simple Things Savagely Well



Teams receive sport-specific strength and speed programming based upon their testing outcomes:

- ⚡ Programming is designed to address weaknesses and polish strengths
- ⚡ All major movement patterns are built into a progression/regression based upon athletes
- ⚡ All programs are 6 weeks in length
- ⚡ Team Programs include:
 - Soft Tissue Preparation
 - Warm Up based in Mobility/Stability
 - Athletic Development Circuit
 - Strength Program – Super Sets
 - Team/Individual Challenge/Cool Down

Team Program Design...

Special Athletes Pay RIDICULOUS Attention to Small Details



All student-athletes are expected to pay attention to the smallest of details:

- ⚡ Tracking weights in S&C Team packets and/or taking notes on their session
- ⚡ Logging REST & RECOVERY following sessions
 - ‘Narly Nor’easter
 - Mehhh – Ok
 - Nope. Just Nope.
- ⚡ Team challenges often include “hidden” messages in their packet or on the board to check for understanding/attention

Team Program Design...

Make it Worth Their Time



Teams are scheduled every 30 minutes from 3-8pm or in the early morning:

- ⚡ Teams arrive 5-10 minutes early to do soft tissue preparation
- ⚡ S&C Coaches check in with AT's, Coaches and/or student-athletes regarding injury updates
- ⚡ Teams wrap up their session with a huddle and a weight room-specific saying i.e. "Charge Up!"
- ⚡ Teams train in ZONES within the weight room
 - Olympic Platforms
 - Power Racks
 - Blue Lane
 - Free Weights
 - Courts

Be Resourceful...

Create Partnerships That Give Back



Partner with the educational side of the house if at all possible:

- ⚡ UNE Applied Exercise Science is a huge factor in Nor'easter S&C's success
- ⚡ Start an internship pipeline
- ⚡ Attend conferences and clinics with the students – you're a living example of their studies
- ⚡ Teach courses if given the opportunity and give back any chance you can
- ⚡ Provide opportunities for student engagement – testing nights etc.



Staff Development... Nor'easter S&C Family

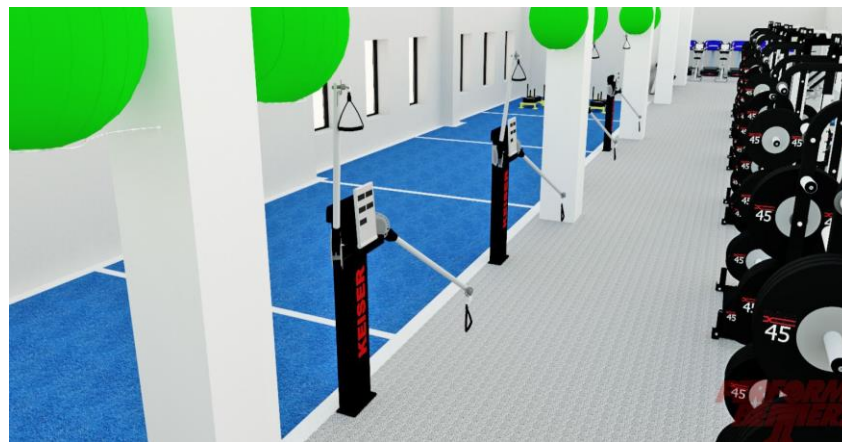
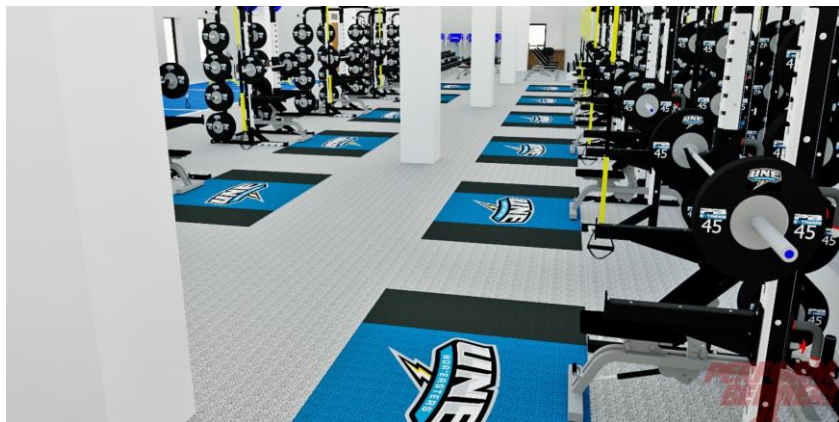


Nor'easter S&C wouldn't function without an incredible cast of student-coaches:

- ⚡ Create a competitive internship program
- ⚡ Treat your interns/staff like family
- ⚡ Provide them with top-notch training
- ⚡ Pay it FORWARD – let them energize you every day but GIVE of yourself to them



Planning for the Future... Always be part of the solution

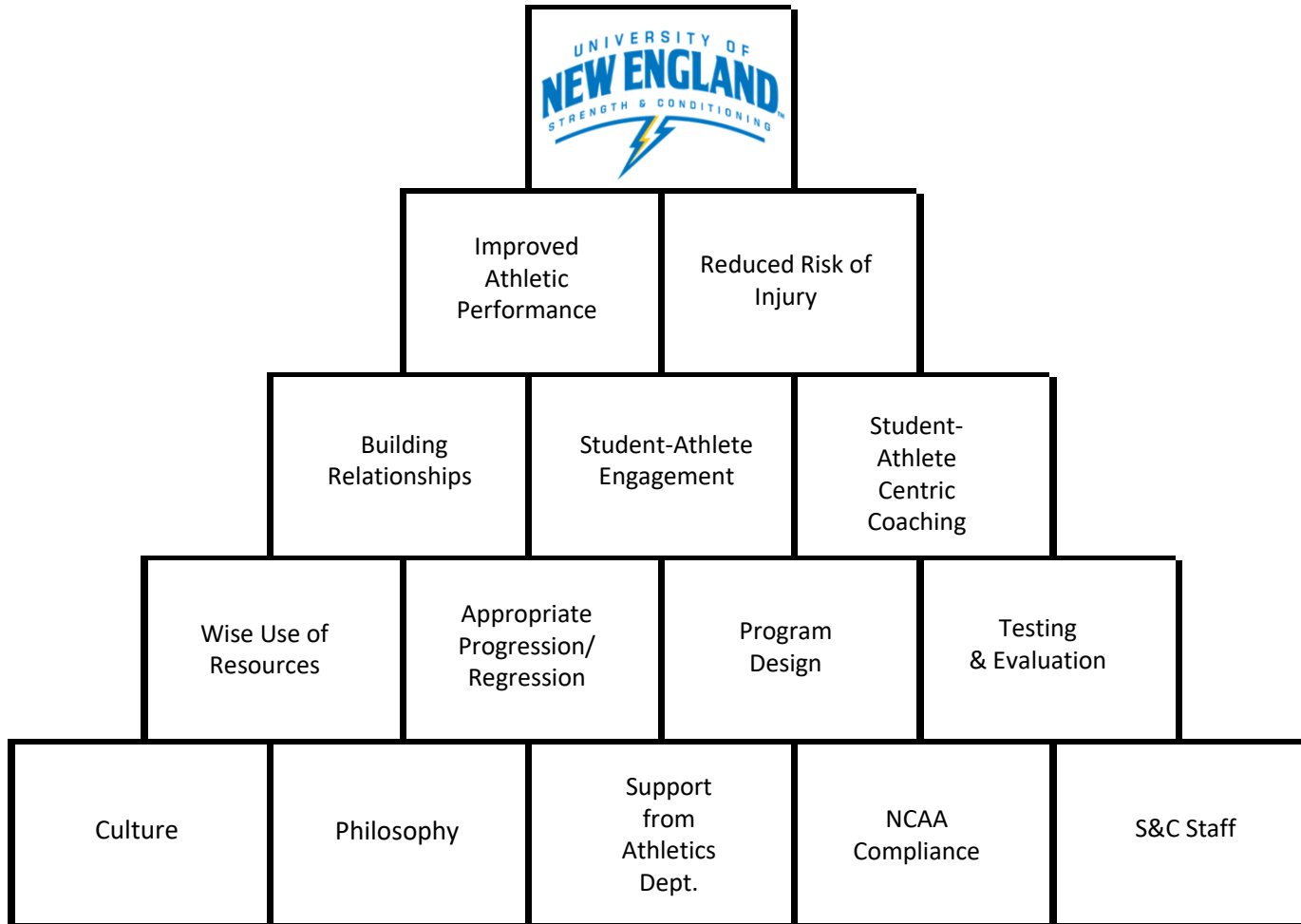


Planning for the Future... Relationships Matter



Stacking it Up...

The Building Blocks of Nor'easter Strength & Conditioning



THANK YOU – Leave it Better.



- ⚡ Heath Pierce & my Student S&C Coaches
- ⚡ My Student-Athletes
- ⚡ UNE Athletics Family
- ⚡ The Littlest Nor'easter
- ⚡ The First Man of Nor'easter S&C



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