

Men’s Soccer

Program Handbook 2017

https://tjsoccer.teamapp.com

http://www.maxpreps.com/high-schools/thomas-jefferson-spartans-(denver,co)/soccer/home.htm

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Welcome to Thomas Jefferson High School Soccer,

Congratulations on your journey with our soccer program. You have made a conscious decision to work harder than believed possible, in all areas of life. Without a clear sense of direction or understanding what you would like to achieve, the unexpected is certain to occur. Our mission and purpose is to develop your core areas in soccer but as a high functioning member of society. You will walk out of TJ’s door proud of the legacy left as an integral piece of the future. Right now, your journey begins the moment you accept this guide and have bought into our vision, which will soon become your vision.

The Thomas Jefferson Soccer program prides itself on the following expectations and core competencies:

1. Development of Life & Family
2. Development of Academic and School Achievement
3. Development of Work Ethic and Integrity
4. Development of Sportsmanship and Appreciation of Opponents
5. Development of Soccer Foundations, Tactics, and Team

There is no concession of any of these areas as the foundation of any program is 100% devotion to the path laid. It is our belief that by holding you accountable for each of these core competencies, you and your family are never unclear about our expectations.

Regardless of where your past led you to at this point, your future lies in accepting and believing in these core beliefs.

Be proud to be part of the Thomas Jefferson soccer program and you will never walk alone.

Attendance Policy for TJ Soccer Program

Here are the expectations of attendance of the TJ Soccer Program

Optional: Players have no responsibility to attend optional practices or

scrimmages although they are highly encouraged to attend for team dynamics and development of skill.

Mandatory: Players are required to be in attendance, on-time and ready to

participate in the activity.

Consequences for mandatory lapses

1. Late for Mandatory Activity (1st time) – Warning
2. Late for Mandatory Activity (2nd time) – 1 mile run after practice
3. Late for Mandatory Activity (3rd time) – Suspension of half game
4. Late for Mandatory Activity (4th time) – Suspension of game week
5. Late for Mandatory Activity (5th time) – Suspension of soccer team
6. Skipping of Mandatory Activity (1st time) – 2 mile run after practice
7. Skipping of Mandatory Activity (2nd time) – Suspension of half game
8. Skipping of Mandatory Activity (3rd time) – Suspension of game week
9. Skipping of Mandatory Activity (4th time) – Suspension of soccer team

All excused absences must be approved by each coach at least 2 days ahead of the absence UNLESS circumstances similar to the following occur:

1. Sudden illness
2. Family emergency
3. Unexpected life events communicated to coach

If any of these occur within the 2 day time period, a prompt text or phone call to the coach will be acceptable. Note – these must be communicated to the coach and not the players or captains. If you cannot communicate to a coach, please have your parent or friend help you.

TJ Soccer Fitness Assessment and Time-Line

Without a fitness baseline and assessment, our program cannot properly evaluate your fitness level to compete with the top schools. Listed below are 10 expectations of every TJ Men’s soccer player to complete before tryouts begin.

Note: There are 10 tests to complete but you have 2 tests that you can decide are not applicable. All 8 tests must then be completed at or above the standard set by these expectations.

We expect each varsity member to “pass” at least 8 out of the 10 fitness skills but the coaching staff has the ability to retain certain players based on need or other extraordinary circumstances.

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Final Assessment Testing – August 14th – 18th

1. 400 meters (1 lap) – 1 minute & 30 seconds or below
2. 1 mile run – 7:30 minute mile or below
3. Fartlek Run – 400 meters 6 times – Total time below 11 minutes, (rest period 30 seconds)
4. Shuttle Test ( Beep Test) – 7 segments or better
5. 24 inch box jumps - 1 minute timed (15 or better)
6. Pullups or Chinups – 10 in 2 minutes
7. Pushups – 35 in 2 minutes
8. Plank – 1:30 minutes
9. Leg Press – 270 lbs/ 10 times
10. Squat – 185 lbs/ 10 times

TJ Men’s Soccer Assessment and Time-Line

Each successful program has a skills portion to evaluate where players are able to complete tasks based on their level of soccer prowess. The Thomas Jefferson program is designed to evaluate and elicit competition so that training sessions are focused mainly on tactics and strategy. Without a proper baseline of soccer skills and assessment, we are essentially hoping each player has the necessary skills to perform on the field.

Thus, each player is required to complete each task at the appropriate level. Unlike the fitness level, you are only allowed to “pass” on one of the tests.

We expect each varsity member to “pass” at least 8 out of the 10 soccer specific skills but the coaching staff has the ability to retain certain players based on need or other extraordinary circumstances.

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Final Assessment Period – August 14th – 18th

1) Juggling the ball total 50 times without dropping

2) Juggling with only instep (foot) (15 touches)

3) Juggling with ball (head) (10 touches)

4) Cone Dribbling (timed) (TBD)

5) Target passing - Short distance (Left and Right foot) 8 out of 10

6) Target passing - Long distance (left and Right foot) 7 out of 10

7) Receiving of balls (both weighted and height) (5 yard box)

8) Shooting from fixed locations to target (20 balls)

9) Shooting from moving locations to target (20 balls)

10) Penalty kicks (5 attempts)

TJ Men’s Soccer Expectations

A common goal shared by a team is achievable only if the rest supports the weakest link.

2017 Expectations of TJ Men’s Soccer Team

1. Maintain a grade point average over 2.5
2. Represent TJ soccer at all times in a positive manner
3. Play with intensity and energy every tackle, run, play, or game
4. Excel at your skills and work on your weaknesses
5. Respect the process, the game, and your opponent

Practice Expectations

1. Boots and shin-guards on by 3:10, warming up at 3:15.
2. **If you are going to be late or absent, a coach must have 2 hour notice.**
3. Seniors = Balls, Juniors & Sophs = Pennies & Cones, Froshs = Water.
4. If a coach is still arriving at 3:15, the warmup starts with the captains.
5. Always bring the following in your bag:
   * + - 1. Shoes – Cleats & Flats
         2. Socks – 1 extra pair
         3. Long Warmup Pants
         4. Warm PolyPro or long sleeve shirts
         5. Rain Jacket

Game Expectations

1. Home Games = 15 minutes pregame talk, 45 minute warmup.
2. Away Games = 15 minutes pregame on bus, 45 minute warmup.
3. Warmup and Stretching always begins with the captains.
4. Shirts tucked in to begin the game, jewelry off and in bags.
5. No cell-phones or anyone non-varsity related on the bench.
6. On the bench, must wear a penny.
7. Positive feedback, let us coach the issues with the players or tactics.
8. Let the coaches deal with the refs.
9. We will always thank our fans, win or lose.

10) If you have a conflict during the game or immediately after, let the coaches know well before the game begins.

TJ Soccer Nutritional Guide

Soccer is a fast paced, intense, competitive sport, and the demands on a

players’ body can be incredible. During a game, a player is in constant motion

for 30-45 minutes at one time, depending on age and level of play, followed by

a 10 minute break and then another 30-45 minutes of constant activity. The

average soccer player can travel up to 12 miles per game at various speeds.

This means that a great deal of energy is used and must be replaced.

Nutrition needs to be a priority of an athlete’s training. What you eat daily,

weekly, and monthly will affect your energy level, performance and overall

health. Energy in means energy out! It is so important that a soccer player eats

a well balanced diet high in complex carbohydrates lower in fats and proteins, which will

help them to maximize their energy levels and perform at their optimal levels.

Proper nutrition not only benefits an athlete physically, but also mentally and

that’s half the battle on the field. If the brain is not well fed, then the player will

not play to the best of their ability. Without the right food, a player can suffer

from the inability to concentrate, lethargy (feeling tired all over), having visual

problems, muscle cramps, dizziness and even passing out.

**Sample Day’s Diet for a Soccer Player in Training (Practices)**

**Breakfast**: Breakfast Piece of fruit /Bowl of oatmeal/ 2 slices of toast w jam & Juice

**Snack** Piece of fresh fruit

**Lunch**: Tuna or grilled chicken on whole wheat bread

Mixed salad with olive oil and lemon juice dressing

Glass fresh fruit juice or low fat milk

1-2 bananas

**Snack** Bag of nuts and raisins

**Dinner**: Large serving rice or pasta/ Tomato sauce/chicken or fish or lean beef

Large mixed vegetable salad with dressing

Small serving of ice cream and strawberries

**Water** = Aim for 64 – 96 ounces per day (2 – 3 Nalgene bottles)

*Ideal Soccer Player Food Consumption Breakdown*

**60% Complex Carbohydrates (Whole grain wheat, pasta, rice, vegetables, fruit)**

This type of food is the most important aspect of your diet to help with energy and intensity during an anaerobic activity like soccer.

**25% Fats (Nuts, Oils, Avocado, Eggs, Cheese, Dairy)**

This is the 2nd type of food that gets used in aerobic activity and will help once the carbohydrates are exhausted.

**15% Protein (Lean Meats, Cheese, Eggs, Fish, Beans)**

For a soccer player, you need to build up muscles but large quantities of protein may not give you the energy you need to sustain running for long periods of time. Eat protein but sparingly.

**Sample Day’s Diet for a Soccer Player 1 and 2 Days before a game**

CARBO-LOADING MEALS:

* Breakfast:
  + Pancakes/Waffles/Oatmeal/Bagel or toast
  + Fruits such as strawberries or bananas
  + Grain cereal
  + Water or ½ bottle of Gatorade
* Lunch and Dinner:
  + Potatoes/Rice/Pasta
  + Fruits
  + Vegetables such as carrots
  + Water or ½ bottle of Gatorade

**Sample Day’s Diet for a Soccer Player on GameDay**

Breakfast:

* -Pancakes/-Waffles
* -Oatmeal/ Grain cereal -Bagel or toast
* -Fruits such as strawberries or bananas
* -Juice (Limited)
* **AVOID:** sausage, bacon, milk or food high in fat
* If the game is in the afternoon, lunch should be medium to light (depending on time of game) and again, high in carbohydrates:
* -Peanut butter and jelly sandwich/-Breads/-Fruits
* **-AVOID:** Fast foods, McDonald’s, Pizza

**ONE HOUR BEFORE THE GAME:**

* -HYDRATION: 10 ounces of water during the hour pre-game
* -Breakfast or lunch should have been eaten BEFORE the pre-game hour
* -Fruits such as bananas, Power bar or candy bar (Snickers) during this hour is okay if but usually not necessary
* **-AVOID:** Vegetables, Gatorade, eating breakfast or lunch during the pre-game hour
* **-AVOID:** Red Bull and caffeinated drinks which causes excessive release of stored carbohydrates resulting in the players being “up” in the first half then “down” in the second

**IMMEDIATELY AFTER THE GAME:**

* -Replenish all stores and re-hydrate immediately, Gatorade and/or water is ideal at this time
* -If a second game is planned that day, all meals should focus on reloading carbohydrates as before and all meals should be completed BEFORE the pre-game hour
* **-AVOID:** fast food, fatty foods, McDonald’s, pizza etc.

**Visualization for the High Level Athlete**

"When I’d get tired and want to stop, I’d wonder what my next opponent was doing. I’d wonder if he was still working out. I tried to visualize him. When I could see him still working, I’d start pushing myself. When I could see him in the shower, I’d push myself harder".   
Dan Gable

“I train myself mentally with visualization. The morning of a tournament, before I put my feet on the floor, I visualize myself making perfect runs with emphasis on technique, all the way through to what my personal best is in practice.... The more you work with this type of visualization, especially when you do it on a day-to-day basis, you'll actually begin to feel your muscles contracting at the appropriate times.”  
Camille Duvall

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Robert Foster broke his own world record in rile shooting even though he was unable to practice with his own competition rifle for over one full year. How was this possible? He spent 10 minutes every day mental practicing his shooting for the entire year. Dan Marino, one of the NFL’s greatest all time passers, attributes much of his success to visualization. He would visualize before each game every possible situation that might arise during play.

What is visualization? It is essentially the process of creating pictures or images in the mind. Whereas language is essentially thinking in words, visualization is thinking in pictures.

Very simply, it is the use of one’s imagination. Visualization is seeing with the mind’s eye. It is the recreation of past experience through mental images. In the sense that we will be using visualization, it includes not only the process of recreating images, but also the re-creation of all those feelings, sensations, and emptions which generally accompany those images. In a real way, it represents the mental reconstruction of experience.

Mental practice of mental rehearsal is often used synonymously with visualization. Actually mental practice or rehearsal consists of picturing yourself doing something in your imagination. It is actually the rehearsal of a physical performance or movement in your mind.

**Understanding Visualization:**

* 1. Everyone differs in their ability to visualize. Some can picture very vividly in great detail. Others can “see” and experience very little.
  2. The ability to visualize is a learned skill. The more you practice, the better you get.
  3. Physical practice when accompanied by appropriate mental practice is far superior to physical practice alone. In other words, mental practice can be of considerable help to you in the learning and mastery of your physical skills.
  4. Visualization is one of the most powerful techniques to be used in learning self-control, self-confidence, and mental toughness in sports.
  5. Visualization is the connecting link between mind and body in performance. It represents the most effective system of communication between mental desires and physical performance.

Under what conditions will your visualization be most powerful?

\* When you are in a quiet, non-distracting environment

\* When your mind and body are relaxed.

\* When you can set aside feelings, thoughts, and desires that are unrelated.

\* When you visualize in color.

\* When you visualize in as much detail as possible.

\* When you utilize your sense of smell, touch, and hearing.

\* Frequent repetition and practice.

**Subjective Visualization** – You are actually physically executing the movements in your mind and can often mentally “feel” the results. Often your actual muscles will move in response to your visualization.

**Objective Visualization** – You are viewing yourself complete the exercises as an observer. Instead of actually completing the task, you watch yourself complete the task.

Training for Visualization:

1. Practice visualizing and imagining with all your senses. Develop and sharpen your ability to create vivid mental pictures of people, places, and events through practice.
2. Use photographs, mirrors, film, or video replay to strengthen and improve the accuracy of the mental picture you have or yourself performing.
3. Mentally rehearse difficult physical routines several times each day, and do so as though you were actually the performer (subjective). Try to develop a clear image of each important link in the performance chain.
4. Practice creating and maintaining positive mental images throughout all aspects of your play – both physical and mental.
5. Mentally rehearse helpful mental and emotional responses to difficult situations that may arise during play.
6. Use your visualization and imagery skills to detect mechanical flaws as well as mental weaknesses. You will find that your mental images will tend to break down in precisely the same areas that tend to break down physically in performance. A similar pattern is often true in the mental area as well.
7. Work hard to change and reconstruct your negative and self-defeating self- images.



Men’s

Soccer

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To the Parents of the Thomas Jefferson Soccer Player;

Thank you for allowing your son or daughter to be a part of the legacy that is TJ Soccer. Your encouragement and dedication to their future is commendable and we certainly could not field our teams without your participation and contribution. We fully understand how important your son and daughter are to you and your family and we will do our very best to treat them as an extension of you.

We want to be very clear and upfront with each of you about expectations and commitment we are asking of our players. Each coach believes strongly that without knowing what is expected, either of you or your daughter, it is difficult to determine the outcome. Thus, we are providing your daughter with this handbook that outlines our core competencies and what we view as a soccer player in the Thomas Jefferson program.

We are aware that these expectations are different from previous years and may be more difficult to meet based on family, work, and school. Thus, we need each player to be upfront and honest with us about their level of commitment to the program. If they cannot meet the expectations outlined in the handbook, then strong consideration of non-participation needs to be discussed and communicated. In that same respect, we need each and every family member or parent to communicate the same expectations to your son or daughter. Your participation and encouragement will only help booster our program to another level.

The Thomas Jefferson coaching staff wants to make every season a success for each player and that can only happen with the parent support and enthusiasm. We want a strong cheering section at every game, the willingness to open your house up to a team dinner, and the ability to support those fundraising opportunities. Please be very vocal in your ability to help support our program!

The coaches are also very aware that each of you has soccer knowledge and skills that you are helping to foster with your son or daughter. We encourage continuation of the sport beyond our field and hope that you want them to succeed at the highest level. Yet, when they step on the field for Thomas Jefferson, you are allowing each coach the ability to determine the best course of action for the team. You may not always agree with decisions a coach may make for the team, but we hope you understand that our goal is the same as your goal, to play hard, win the games.

Since each coach has spent numerous hours coaching the team and competitors together, they will have the best ability to determine the course of the team. We are always welcome to suggestions that work better with your son or daughter but our focus needs to stay on the team as a whole and not with each player getting specific attention. Our ask is to respect our role and to work with us to succeed, not against us on the field.

If you feel strongly that a discussion needs to happen about your son or daughter’s playing time or tactics, this is how we would like the progression to occur for resolution.

\* Player works hard to understand coaching changes or style.

\* Player talks to the coach about their frustration or continued improvement.

\* If no resolution occurs, the player reiterates a second time their frustration and continued improvement.

\* If no resolution occurs, the player asks for a meeting between the coach, the parents and the player.

\* If no resolution occurs, player asks for a meeting with previous parties and athletic director.

With your support and commitment both to the program and your son or daughter, we expect a high level of success.

Coach Poole Coach Thompson

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fully understand the expectations laid out in the TJ soccer handbook and will honor the core competencies and expectations that the coaches have made very clear. I also understand that my role as a parent of a TJ soccer player is to support my daughter both in respecting the coaching staff and the process to develop student athletes to the highest level. Lastly, I agree that any dispute my son or daughter or I have with the soccer program that I will follow the guidelines listed in the handbook unless the circumstances warrant a higher level of escalation.

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Printed Name(s) & Signature of Parent (s) Date

Soccer Player Profile 2016

|  |  |
| --- | --- |
| Name: |  |
| Preferred Name (If Applicable): |  |
| Phone Number ( Texting? Circle 1 Y/N ) |  |
| Parent(s) Name & Phone |  |
| Any Medical Condition(s)? Medications? |  |
| Past Surgical History? Injuries? |  |
| In case of emergency call: (Name, Number) |  |
|  |  |
| Current level of school (Fresh, Soph, etc.) |  |
| Last Semester GPA/Current GPA: |  |
| Activities outside of soccer (if applicable) |  |
| Planned vacations/Soccer dates missed? |  |
| Years playing for TJ Soccer? |  |
| Club Soccer Team (If Applicable) |  |
| Position(s): 1,2 Preferred |  |
| If Jr or Sr, do you want to play college soccer? If so, where? |  |
| What one word would you like our team to represent or embody? |  |
| Team Goal(s) for season |  |
| Individual Goal(s) for season |  |
| How can a coach motivate you? |  |
| Why do you want to play soccer for TJ? |  |
| Can you commit to giving 100% to TJ soccer? If yes, what does this look like to you? |  |
| Signed by: |  |
| Have you paid your equipment fee? (separate from Pay to Play) |  |

**Summer Schedule 2016:**

Wednesday and Friday- Kick-arounds from 6-8pm

ABS- Monday, Wednesday, Friday

**Week 1: May 30-June 5**

* Mon- TJHS Fitness
* Tues- Sprints
* Thur- Sprints
* Sat- Everton

**Week 2: June 6-June 12**

* Mon- Everton
* Tues- Sprints
* Thur- Sprints
* Sat- TJHS Fitness

**Week 3: June 13-June 19**

* Mon- TJHS Fitness
* Tues- Sprints
* Thur- Everton
* Sat-Everton

**Week 4: June 20-June 26**

* Mon- TJHS Fitness
* Tues- Sprints
* Thur- Everton
* Sat- Everton

**Week 5: June 27-July 3**

* Mon- Everton
* Tues- Sprints
* Thur-TJHS Fitness
* Sat- TJHS Fitness

**Week 6: July 4-July 10**

* Mon- Everton
* Tues- Sprints
* Thur- TJHS Fitness
* Sat-TJHS Fitness

**Week 7: July 11-July 17**

* Mon- Everton
* Tues- TJHS Fitness
* Thur- Sprints
* Sat- Sprints

**Week 8: July 18-July 24**

* Mon- Everton
* Tues- TJHS Fitness
* Thur- Sprints
* Sat- Sprints

**Week 9: July 25-July 31**

* Mon- Everton
* Tues- Sprints
* Thur- Sprints
* Sat- Everton

**Week 10: August 1-August 7**

* Mon- TJHS Fitness
* Tues- Sprints
* Thur- Sprints
* Sat- TJHS Fitness

**Sprint Workout**

Phase 1: Warm Up (light jog, dynamic movements, stretching) 10 minutes

Phase 2: Accelerated Warm Up (5 x 40 yard runs at about 75% speed)

Phase 3: Sprint Workout

Phase 4: Cool Down

**North Carolinas**

Description: Set up a course with a start line and markers at 10 yards, 20 yards, 30 yards, and 40 yards.

Directions: From the start line, run to the 10 yd marker and back, the 20yd marker and back, the 30 yard marker and back, and the 40 yd marker and back.

Time: 42 seconds with a 45 second rest between sets

Quantity:

Weeks 1 and 2 = 3

Weeks 3 and 4 = 5

Weeks 5 and 6 = 4

Weeks 7 and 8 = 5

Week 9 and 10 = 4

**Nationals**

Description: Set up a course with a start line and markers at 6 yds, 18 yds, 25yds, and 50 yds

Directions: From the start line, run to the 6 and back, 18 and back, 25 and back, and 50 and back

Time: 40 seconds with a 1 minute rest between sets

Weeks 1 and 2 = 3

Weeks 3 and 4 = 3

Weeks 5 and 6 = 4

Weeks 7 and 8 = 4

Week 9 and 10 = 3

**10 Yard Shuttles**

Description: Set up two markers 10 yards apart

Directions: Start at one marker and shuttle back and forth at a full sprint

Time: 45 seconds with a 1 minute and 30 second rest between sets

Quantity:

Weeks 1 and 2 = 1 set with ball and 1 without

Weeks 3 and 4 = 1 set with ball and 2 without

Weeks 5 and 6 = 1 set with ball and 1 without

Weeks 7 and 8 = 1 set with ball and 3 without

Week 9 and 10 = 2 sets with ball and 2 without

**Finish session with a half mile run and some light stretching**

**EVERTON RUNNING PROGRAM**

The running program is designed to take place on a running track but can be done on any surface when the exact distance covered can be accurately determined. The running program is:

**Proper Warm-Up: include stretching and some warm up runs of increasing intensity**

1. **1 x 880 yards - Finish between 3:15 and 3:30 (rest for 4 minutes)**
2. **2 x 440 yards – Finish each between 1:15 and 1:25 (rest for 3 minutes between each)**
3. **4 x 220 yards – Finish between 32 and 36 seconds (rest for 1:30 between sets)**
4. **8 x 100 yards – Finish between 12-14 seconds (rest for 30 seconds between sets)**

**Proper Cool-down: include stretching and some cool down runs of decreasing intensity**

It is important that you are working within the given time parameters. It will be possible to do these faster but that is not the point. Time your runs to work in the given times and use the full rest periods given.

Be sure to record your times at various distances so you can keep track of progress and measure your improvement.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **TJHS** |  | **FITNESS** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Activity** | **Work/Rest Ratio** | **Number of Times** | **Total Time** |  |  |  |  |  |
| 880 yd warm up | 6 min/0 | 1 | 5-6 min |  |  |  |  |  |
| Loosening/Stretching | 10min/0 | All Muscle Groups | 10 min |  |  |  |  |  |
| 2 Mile Run | 14 min/10 min | 1 | 25 min |  |  |  |  |  |
| 300 meter | 45 sec/2 min | 3 | 4 min |  |  |  |  |  |
| 100 meter | 14 sec/ 1min | 4 | 2 min |  |  |  |  |  |
| 50 meter | 7 sec/30 sec | 4 | 3 min |  |  |  |  |  |
| Abdominals | 1 min/ 2min | 65 | 3 min |  |  |  |  |  |
| Crunches | 1 min/ 2min | 75 | 3 min |  |  |  |  |  |
| Push-ups | 1 min/ 2min | 45 | 3 min |  |  |  |  |  |
| 12 minute run | 12 min/ 10 min | 1 | 22 min |  |  |  |  |  |
| 200 yard shuttle | 40 sec/2 min | 3 | 6 min |  |  |  |  |  |
| Stretching | 10 min | 1 | 10 min |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| This workout should be done at least once a week in conjunction with your other workouts | | | | |  |  |  |  |
| If you only do this workout, you should be doing it 2-3 times a week in the heaviest part of the summer. | | | | | |  |  |  |
| **Alternate between the 2 mile run and the 12 minute run with each workout.**  **Don’t do them both in the same day.** | | | | | | | | |
| 300 meters = approx. 328 yds | |  |  |  |  |  |  |  |
| 100 meters = approx. 110 yds | |  |  |  |  |  |  |  |
| 50 meters = approx. 54 yds | |  |  |  |  |  |  |  |
| 200 yard shuttle = 20 yds and back, 30 yds and back twice. | | |  |  |  |  |  |  |

**AB Ripper X:**

Level 1 = 10-15 reps

Level 2 = 16-20 reps

Level 3 = 21-25 reps

Level 4 = 26-30 reps

1. In & Out:
   1. Hands on floor = Easy, Hands up = Hard
2. Seated Bicycle:
   1. Hands on floor = Easy, Hands up = Hard, Hands above head = Hardest
3. Seated Crunchy Frog:
   1. Same as In & Out, but hands move from touching knees to wide
4. Wide Leg Sit up:
   1. Reach right arm straight up, then reach to left leg. Repeat opposite side.
5. Scissors:
   1. Lie flat on your back, one leg straight up (fight to keep straight), and one leg straight out (4 inches off the ground). Count to 3 before switching.
6. Hip Raises
   1. Lie flat on back, bottoms of feet should touch making a diamond shape with your legs. Lift legs, then lower back off ground. Don’t let feet touch ground on the way down.
7. Pulse Ups:
   1. Lie flat on back, legs pointed straight up, lift lower back off ground and repeat. Fight to keep legs straight and in the same position.
8. Roll up/ V up:
   1. Lie flat on back, legs straight and relaxed. Do a sit up, on the way down once your lower back makes contact with the floor, bring your straight legs up and touch with your fingers making a V shape. That’s 1.
9. Oblique V up:
   1. Lie on your side. Keep legs straight, top arm on your head, bottom arm use for support. Bring up your legs and torso so they meet in the middle (elbow to knee)
10. Leg Climbers:
    1. Lie on back, one leg bent, one leg out at 45 degree angle. Grab your leg to help you touch your toe. More grabs = easy, No grabs = Hard.
11. Russian Twists
    1. Seated, feet 4 inches off the ground, hands are together. Twist side to side touching the floor with your hands. This should be between 30 and 60 reps.