

# **Winona State University**

## **Strength and Conditioning**

**“The purpose of the Winona State University Strength and Conditioning program is to foster physical development and athletic skills while teaching the value of personal discipline, character, commitment, and the subordination of self-interest to the higher goal of team achievement.”**

**We provide a complete program that covers all the facets of physical training, which includes strength and power development, speed-quickness, agility-conditioning, flexibility, nutritional guidance, and all other pertinent information. In all of our endeavors, we are committed to the principles of ethical conduct, integrity and excellence.**

### **Strength and Conditioning Program Goals**

- **Goal Number One—Academic Success**
  - That each student athlete would realize his or her academic success by aiming high, showing constant improvement, and carrying the work ethic learned from training into the classroom.
- **Goal Number Two—Determination**
  - To challenge each student athlete to learn what it means to do one’s best
- **Goal Number Three—Accountability**
  - To teach the meaning and value of personal commitment – a trait we would like to develop in every student athlete. Success in athletics nearly always involves teamwork and self-sacrifice.
- **Goal Number Four---Personal Growth**
  - To teach self-discipline and humility – qualities which come from learning to function effectively within the framework of rules which benefit the team, the University, and most importantly, the individual.
- **Goal Number Five--Success**
  - That each student athlete would achieve their greatest potential in athletic performance, and by doing so, they would not only contribute to their own success as a Winona State University athlete, but to the overall success of his or her team as well.

## **EXPECTATIONS: JUST DO RIGHT**

Live an honorable life. Do what is right and avoid what is wrong. These simple expectations are based on common sense and civility.

- 1. Arrive promptly to all training times**
- 2. Listen, understand, & put into practice the instruction that coaches provide**
- 3. Maintain high academic standards**
- 4. Behave with dignity**
- 5. Demonstrate honesty**

In other words, we ask that you act like champions. Demonstrate responsibility and hold yourselves accountable for your success in the strength and conditioning program. It is *your* responsibility to discipline *yourself*! Our responsibility is to provide you the tools to enforce that discipline and meet your goals. **Champions** don't make excuses; they take pride in the challenges set before them. They understand that their willingness to make sacrifices and uphold to greater standards places them in that rare breed of individual – one who will do whatever is necessary to achieve his/her goals and be successful.

**A CHAMPION is not necessarily a winner; it is a person that gives *everything* they have to fulfill a goal. Winning is simply the byproduct of motivation, hard work and dedication!**

**BE CHAMPIONS!!!!**