

Justifications for 6a.m. workouts as opposed to after school workouts

- The purpose of our weight room is not to show up and go through the motions. Rather, we need everyone to show up with a purpose. We only ask for 45 minutes a day, and this short amount of time is expected to be filled with intense effort.
- 3-5 football coaches supervising our boys vs. only 1 supervisor after school.
- At 6am ONLY football players will be in the weight room, thus avoiding the potential distractions of 30+ non football players (students, cheerleaders, etc.) after school. We are in the weight room to get BETTER, not just to say we were there.
- Team building
 - Example: An athlete has hit a plateau on bench press at 255 pounds. Understanding there are 90 teammates encouraging him to break through barriers fosters a bond few can break. This is the foundation needed to build a CHAMPIONSHIP football team.
 - Forms a bond of trust and accountability amongst team mates that signifies we are always there for each other.
 - Provides our team with the “intangibles” that can only be obtained through team activities. When one of us succeeds we all succeed, when one of us struggles we all struggle and when 90 of us stand together, there is nothing that we will not overcome.
 - Forms a bond between the coaching staff and players built on trust and understanding. Coaches motivate athletes to become better football players and better men. Through the weight room, goals are established, met, and exceeded. It is important to trust and understand that that coaching staff wants the best for you. We will push you to limits you never thought existed. Mediocrity will not be accepted.
 - Football is a team game, and the only way to be a true team is to interact with its members. In our weight room, we work together towards a common purpose. Sharing struggles and victories is an important part of achieving a strong and powerful team.
- IF you are playing another sport:
 - #1 – Give your maximum effort to that sport.
 - #2 – Lifting weights will not hurt or hinder your ability in another sport. Being stronger is often what decides the “victor” in many athletic situations.
 - The weight room is open at 6am for the football team and our team mates who have after school commitments. There should be no reason not to be there. Any issues/concerns please see Coach Koch.

VIKING PRIDE