

WOLF POWER

Wesleyan Football Speed & Strength Testing

WHEN: July 29-30, 2010

WHERE: Yancey Weight Room

WHO: All rising 10th-12th graders wanting to play football in 2008 plus invited rising 9th graders.

WHAT: Two days of speed and strength testing in eight primary events prior to the start of varsity fall practice. Athletes are measured on a standard scale (same for everyone) and will receive points from that scale according to their performance in each event. At the end of the two-day test each athlete will tally their points against a benchmark of 100. Those earning more than 100 points or lifting a combined 1000 lbs on bench, squat, and cleans will be awarded the moniker “Alpha Wolf”. They will also get a specialty T-shirt that they can wear to Thursday practices.

WHY: Simply because we devote so much time and effort to speed and strength training both during the season and after. In order to compete with the best teams in our region and the state it is essential that our players continue to make this commitment. It only helps us measure the effectiveness of our weight program to see how far our players have come. Plus it adds an air of competition and prestige to our pre-season workouts that creates a healthy intensity to be carried over to the start of fall practice.

GET READY FOR WOLF POWER TODAY!