5th ANNUAL
JAGUAR ATHLETIC DEVELOPMENT AND PERFORMANCE SUMMER PROGRAM

JUNE 9TH – JULY 24TH, 2025

Group 1 - 9-12 Grade Football Athletes
MON/TUES/WED/THUR 6:30-8:30 AM

Group 2 - 9-12 Male Athletes
MON/TUES/THUR 8:45-9:45 am

Group 3 – 9-12 Female Athletes
MON/TUES/THUR 10:00-11:00 am

Group 4 - 6-8 Grade Football Athletes
MON/TUES/THUR 11:00-12:00 pm

Group 5 - 6-8 Grade Female Athletes
MON/TUES/THUR 11:30 am-12:30 pm

Group 6 - 6-8 Grade Male Athletes
MON/TUES/THUR 12:00 pm-1:00 pm

WHAT IS THE JAGUAR ADP PROGRAM?

The Jaguar Athletic Development and Performance summer program is a strength and speed development program executed by the Mill Valley Athletic Coaching Staff. This program is designed to increase your athlete's speed, strength, agility, and flexibility. This program has a proven track record that involves strength training, form running, agility, plyometrics and flexibility work. Your athletes can and should expect improvement in each of these areas and in overall conditioning.

WHEN IS THE PROGRAM?

***** Sessions will be held each week Starting JUNE 9 and ending JULY 24 except for the following dates:**

JUNE 30 – JULY 4 (4th of July Break/KSHSAA REQUIRED BREAK)

WHAT IS THE COST?

$125.00 (Paid via Venmo @JagADP)

*****Note your athlete's name, grade, training group in the "What's It For?" section***

*****Multiple Child Pricing: Child 1 - $125, Child 2 - $100, Child 3 - $75, Child 4 - $50***

*****REGISTRATIONS DUE ON OR BEFORE JUNE 1***

WHERE IS THE PROGRAM HELD?

*At the **Mill Valley High School** training facility. (Weight Room, Gyms, and Jaguar Soccer/Football Stadiums)*

WHO CAN ATTEND?

Any Athlete, male or female, 6-12 grade who wants to improve their physical abilities through hard work and dedication may attend.

REGISTER ONLINE WITH THE LINK OR SCAN QR CODE!

https://bit.ly/jaguaradp2025

Goals of the Program:

- To prepare athletes for the demands of their sport through science-based programming.
    - This includes strength, speed, agility, conditioning, and mobility.
- To help build up the confidence of the athlete through team-based training.

Demands and Potential Outcomes:

- **Baseball**
    - Demands of the sport include max effort sprinting, rotational movements, high demand on upper body – swing, throw, etc.
    - We can improve these skills through max effort sprinting, lower body power development – front squats, loaded vertical jumps, loaded rotational throws.
    - Potential sport specific outcomes include increased throw/pitch speed, faster home to first sprint time.
- **Basketball**
    - Demands of the sport include running, jumping, ball handling, shooting, blocking, and rebounding – these demands incorporate all major muscle areas especially the hips thighs, and shoulders.
    - We can improve these skills through both strength and power-based movements – loaded vertical jumps, front squats/back squats, Olympic lifts, max effort sprinting.
    - Potential sport specific outcomes include increased vertical jump, increased ability to defend using lateral quickness/agility, more consistent jump shot technique through increased shoulder stability.
- **Bowling**
    - Demands of the sports include upper body strength, power, mobility, and balance.
    - We can improve these demands through upper body strength and power training, bench, incline bench, shoulder press, etc. Balance demands can be improved through agility training, quickness, and other lower body based methods.
    - Sport specific outcomes include increased grip strength to help throw heaver bowling balls, greater rev rate (increased RPM of ball).
- **Cheer/Dance**
    - Demands of the sport include lower body strength, lower body power, upper body strength and mobility.
    - We can improve these skills through training for lower body power – back squats, front squats, loaded jumps, plyometrics, etc. Overhead stability can be improved through shoulder presses and other overhead stability movements – loaded overhead carry.
    - Potential sport specific outcomes include increased vertical jump and lower body power for tumbling. Increased balance, agility, lateral quickness for dance.
- **Cross Country**
    - Demands of the sport include running, repetitive leg, and arm movements. These demands include all lower body muscle areas, postural muscles – abdomen, pelvis and back.
    - We can improve these skills through lower body strength training and general upper body strength training.
    - Faster times for those in distance events.
- **Football**
    - Demands of the sport include increased needs for muscular strength, power, speed, multi-directional agility as well as the ability for repetitive max effort sprinting (5-8 seconds per play) – these demands involve all major muscle areas.
    - We can improve these demands through strength and power movements – back squats, front squats, cleans, etc.
    - Potential sport outcomes include increased muscular strength, faster sprint times, more explosive on the field of play. Increased vertical jump height, broad jump distance, and other power focused measurements that are common in football.
- **Golf**
    - Demands of the sport include lower body strength, lower body power, high demand for rotational movements.
    - We can improve these skills through full body strength training, rotational movements, upper body mobility.
    - Sport specific outcomes could include increased club head speed, longer drive distance.

- **Soccer**
  - Demands of the sport include lower body strength, upper body strength, repeated max effort sprinting, high demand for muscular endurance.
  - We can improve these skills through max effort sprinting, max effort conditioning, lower body training – front squats, back squats, plyometrics, isometric holds, etc.
  - Potential sport specific outcomes include increased sprint speed, leg strength to increase speed of shots on goal.
- **Softball**
  - Demands of the sport include repeated max effort sprinting, rotational movements from hitting.
  - These skills can be developed through sprint training, upper body training to help promote shoulder stability and health.
  - Sport specific outcomes include faster base to base sprint time, pitch speed, throw speed and lateral quickness and agility.
- **Swimming**
  - Demands of the sport include repetitive upper and lower body movements, lower body strength, power – upper body strength, mobility, stability (shoulders).
  - We can improve these through upper body training, to help reduce injury risk in the shoulders, lower body strength and power training through different squat variations.
  - Sport specific outcomes could include increased ability to maintain form through shoulder stability training, lower back strengthening, and general strength.
- **Tennis**
  - Demands of the sport include lateral quickness, agility, muscular endurance, upper body strength and power – rotational movements are in high demand as well. These demands incorporate all muscle areas.
  - We can improve these skills through lateral quickness and agility training, lower body strength training, upper body strength training, and rotational movements.
  - Sport specific outcomes include increased serve speed, lateral quickness to help with volleying.
- **Track**
  - Demands of the sport include running, repetitive leg and arm movements. These demands include all lower body muscle areas, postural muscles – abdomen, pelvis and back.
  - We can improve these skills through lower body strength training, a variety of plyometric training and general upper body strength training.
    - Jumping events:
      - Jumping events can be improved through a combination of plyometrics, increased lower body power, and general strength training.
    - Throwing events:
      - Throwing events can be improved through training lower body power, shoulder and scapula training in the upper body, med ball work and general strength training.
    - Sprinting events:
      - Sprinting events can be improved through lower body strength training, lower body power development, and repeated max effort sprinting with proper rest periods.
    - Distance events:
      - Distance events can be improved through a lower body strength training, and general upper body strength training. Also, training to help prevent overuse and injury. Refer to cross country for more.
- **Volleyball**
  - Demands of the sport include max lower body power, strength, upper body strength, balance – these demands include all major muscle areas. Lateral quickness, muscular endurance.
  - We can improve these skills through upper and lower body power training, lower body strength training as well as max effort jumping, sprinting.
  - Sport specific outcomes include increased jumping ability, greater upper body strength to increase power on serving attacking and hitting. Increased agility and lateral quickness to help with passing, setting, digging, and blocking. Help prevent shoulder and back injury from overuse.

- **Wrestling**
  - Demands of the sport include maximal strength, aerobic endurance, anaerobic power and anaerobic capacity.
  - We can improve these demands through full body strength training, max effort sprinting and max effort conditioning.
  - Sport specific outcomes could include increased aerobic endurance to improve stance, increased agility and lower body power to help with takedowns.

- **Other things to consider**
  - Off-season training (4-5 months out from competition)
    - Priority of sport practice = lower
    - Priority of resistance training = high
    - Focus is on hypertrophy (muscle building) and muscular endurance, as well as strength and power (later in off-season)
  - Pre-season training (1-2 months out from competition)
    - Priority of sport practice = medium
    - Priority of resistance training = medium
    - Focus is sport and movement specific, strength, power, or muscular endurance, depending on sport
  - In-season training (2-3 months of competition)
    - Priority of sport practice = high
    - Priority of resistance training = lower
    - Focus is on maintenance of pre-season goal, big emphasis on maintaining strength
  - Post-season training (1-2 months post season)
    - Priority of sport practice = varies
    - Priority of resistance training = varies
    - Focus is not super specific, could include more non-sport specific training