1st Year Keys to Success

1. Be in shape: We expect our athletes to be in shape. This allows us to:
   a. Train our speed & agility at the highest level knowing conditioning is not a factor in our speed development.
   b. Progress our conditioning properly and safely. If we are starting at ground 0 we will not maximize our time or potential.

2. Technique: Technique will be mastered before athletes will be progressed.
   a. Increasing strength is easy; fixing bad technique is not. If you are not squatting to Hip Joint below Knee joint or keeping your hips down on the bench. Decrease your weight and master your technique.

3. Communication: Student athletes will be held responsible for communicating with various staff members, professor and coaches.
   a. Any previous injuries must be communicated so modifications can be made.
   b. If a significant injury occurs during training it must be communicated to the Athletic Trainers immediately.

4. Represent yourself
   a. You are new to this team and this program if you are a committed athlete, show it. This 1st year of training is going to be the most intense training you have experienced. You will have many opportunities to prove who you are and what you bring to this team. Conversely, these same opportunities can expose you if you are not willing to push yourself and teammates. Make a statement with your work ethic and intensity.