



Mesa State Strength & Conditioning

Mission Statement

Provide athletes with effective and efficient training methods
to accomplish two goals,

1. Increase an athlete's performance potential,

2. Decrease the potential and severity of injury while educating the athlete on the importance of exercise and nutrition throughout life.

Mesa State S&C Philosophy

Corrective- All athletes have muscle imbalances that decrease their overall performance potential and increase their injury potential. Flexibility and muscle activation techniques will be taught and performed to correct these deficiencies. The athlete's performance potential will increase and there injury potential will decrease.

Functional- Athletes will be trained in movements not muscle groups; exercises will be performed through multiple joints, multiple planes and produce multiple benefits to simulate the movements and demands of each sport.

Adaptive- All athletes perform out of similar body positions; the difference comes in the form of which energy system is stressed during competition. When training an athlete in the off season it is important to expose the athlete to a variety of training that stresses multiple energy systems to increase

their overall potential. As the competitive season approaches the athlete's training will specialize to the main system for their particular sport.

Regeneration- Repairing of damaged tissue is the only way to progress the body. Post Stretch, Massage, Heat and Cold Therapies, Rest and Nutrition are key to building a complete athlete and protect against over training.

Character- 80% Mind, 20% Body. Mindset is the number one key in succeeding in sport and life.

Character encompasses coachability, buy in, mental toughness, and a sacrifice to do what is needed to reach the goals set.