

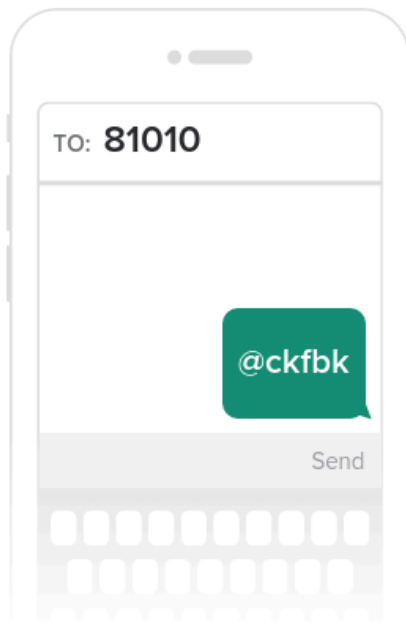


EMS FOOTBALL



There are two important items in this document: First is the **remind code**. If you have never used Remind, it is an app that allows you to receive messages from the coaches regarding practice times, schedules and anything else that may be important to remember during the season. We encourage both you and your parents or guardians to sign up for Remind.

Ask students and parents to text @ckfbk to 81010



1 Send your text to 81010

81010 is the Remind short code we created so people can join your class without seeing your personal information.

[81010 not working?](#)

2 Text the message @ckfbk

This is the class code for EMS Football 2016. Students and parents can always use ckfbk to join this class.

Our next important item is our summer workout program. Please read this document over so you are aware of our expectations for the upcoming season. Remember, **this is a suggested workout program.**



EMS FOOTBALL



SUMMER WORKOUT PROGRAM

Football is an intense physical sport that requires athletes to be in top physical shape. For some of you, it may be the first time you are playing an organized sport. For others, you have had a long break since your last season. This is a **suggested** summer workout program that you can complete safely and on your own time in order to better prepare yourself for the upcoming season.

If you want to get the most out of your football experience, coming to school in shape will help you get through practices with greater ease, increase your recovery time from soreness, and greatly **lessen the chance of getting injured**.

Once the season begins, practices consist of aerobic and anaerobic exercises on a daily basis. These exercises include:

- Warm up - 1 lap continuous jog
- Stretching
- Form Running
- Core strengthening workouts
- Sprinting

All middle school football players are expected to meet the following physical requirements:

- Running Backs/Wide Receivers/QBs - 1 mile run in under 9 minutes
- Linemen/Tight Ends - 1 mile run in under 12 minutes
- Everyone - 25 Pushups (Proper Form) and 50 Sit ups

The following is a suggested workout for you to follow. If you play other sports during the summer, or exercise in other ways, that is excellent. You should be getting **at least 1 hour of cardio-vascular activity per day**. This includes playing other sports, riding a bike, running, or playing with friends (not sitting around playing video games). **If you do not have an exercise routine, it's not a bad time to start.**



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Monday, Wednesday, Friday

- Light Cardio - Ride a bike, rollerblade, jog, play a game outside (anything that involves getting outside and running around).
 - Suggested amounts of cardio for a middle school boy is at least 1 hour per day.
- Stretch - Stretch before and after a workout. You will want to focus on:
 - arms/shoulders/hamstrings/quads/groin/calves (Diagrams Below)
- Push-ups:
 - **Beginners** - Form is the biggest issue for beginners; 25 bad push-ups is not better than 5 good ones
 - Suggested amount = 10 GOOD Push ups (if you can do more, go ahead!)
 - Add 2 push-ups per week
 - **Experienced Athletes**
 - 15 Regular; 15 diamond; 15 wide
 - add 5 push-ups per week for each type
- Sit-ups:
 - **Beginners** - form is once again crucial. Make sure that your form is good!
 - Suggested amount = 25 GOOD sit-ups
 - Add 5 sit-ups per week
 - **Experienced athletes**
 - You should be able to do between 40-60 sit ups
 - Add 5 sit-ups per week
- Squats:
 - Beginners - Make sure that your form is good!
 - suggested amount 15-20 good squats
 - add 5 squats per week
- Stretch



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Tuesday/Thursday

- Cardio
 - Warm up - Jog for 10 minutes without stopping
 - Stretch legs and upper-body

Beginners

- 50 yard sprints - 6 total (15 second break) Add 1 sprint per week
- 100 yard sprint - 3 total (20 second break) Add 1 sprint per week

Experienced Athletes

- 50 yard sprints - 8 total (10 second break) Add 2 sprints per week
- 100 yard sprint - 5 total (15 second break) Add 2 sprints per week

- Cool Down
 - Jog or Walk for 5 minutes
 - Stretch



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STRETCHING



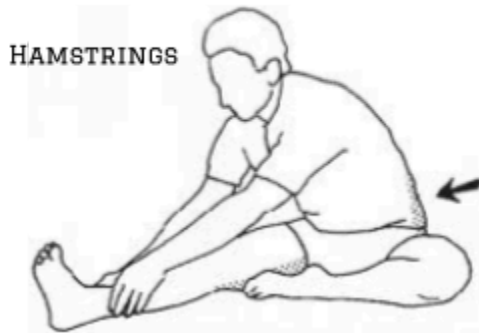
Standing calf stretch



GROIN
STRETCH



QUADS



HAMSTRINGS



ARMS AND
SHOULDERS

Important things to remember when stretching:

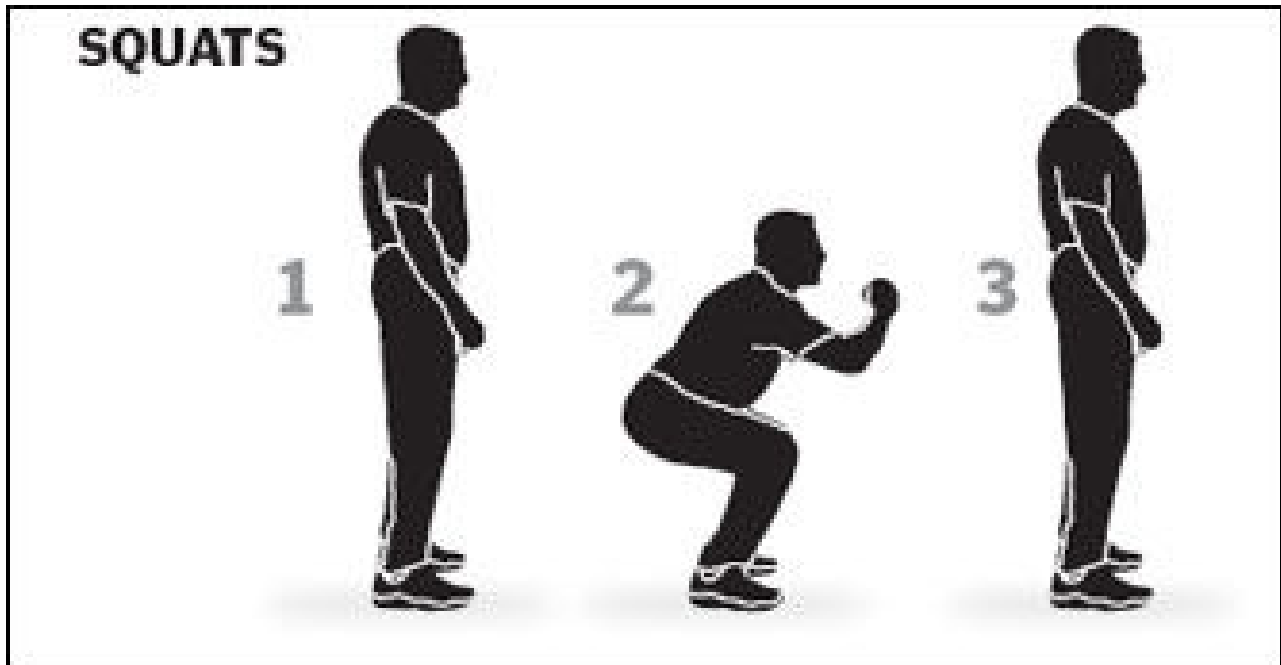
1. Stretch both limbs.
2. HOLD YOUR STRETCH - Do not move or bounce while stretching
3. Count to 8 for each stretch.



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WORKOUT FORM



Things to remember while performing squats:

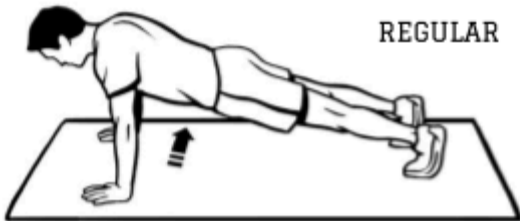
1. Your feet should be **shoulder-width apart** (this means that your right foot is as wide as your right shoulder and your left foot is as wide as your left shoulder).
2. Keep your **head up**.
3. Your backside should not go below your knees.
4. Your hands should remain in front of you or be clasped behind your head.



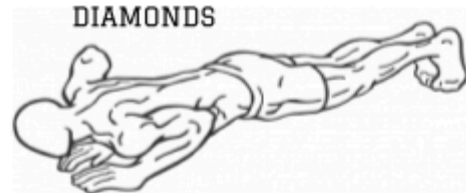
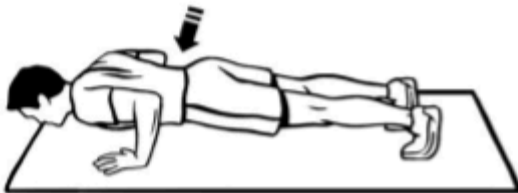
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PUSH-UPS



REGULAR



DIAMONDS



WIDES



Things to remember when doing pushups:

1. Keep your **back flat**, as seen in the illustrations.
2. Your **chest and hips** should move toward the ground in unison.
3. Keep your head up during the exercise.
4. You may find it difficult to do the desired amount of pushups using proper form. **Do not** do more push-ups with **poor form!** Instead, do as many as you can with **proper form**, then complete 7-10 more pushups with your knees on the ground. This will help to build your core strength.



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SIT-UPS



WorkoutLabs.com

Things to remember when doing sit-ups:

1. Keep your **feet firmly planted** on the ground.
2. Your goal is to **bring your chest to your thighs**.



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PUSHUP TRACKER

CIRCLE THE RANGE OF PUSHUPS YOU DO FOR EACH WEEK. THIS WILL HELP TO TRACK YOUR PROGRESS THROUGHOUT THE SUMMER.

WEEK 1

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

WEEK 2

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

WEEK 3

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

WEEK 4

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

WEEK 5

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

WEEK 6

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

WEEK 7

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

WEEK 8

REGULAR: 10-15, 15-20, 20-25, 25+
DIAMOND: 10-15, 15-20, 20-25, 25+
WIDES: 10-15, 15-20, 20-25, 25+

Sit Up Tracker

Week 1 _____, Week 2 _____, Week 3 _____, Week 4 _____,
Week 5 _____, Week 6 _____, Week 7 _____, Week 8 _____,

Sit Up Tracker

Week 1 _____, Week 2 _____, Week 3 _____, Week 4 _____,
Week 5 _____, Week 6 _____, Week 7 _____, Week 8 _____,

By signing and returning this page, you are confirming that you have completed the summer workout program.

X _____
(signature)

Date: _____



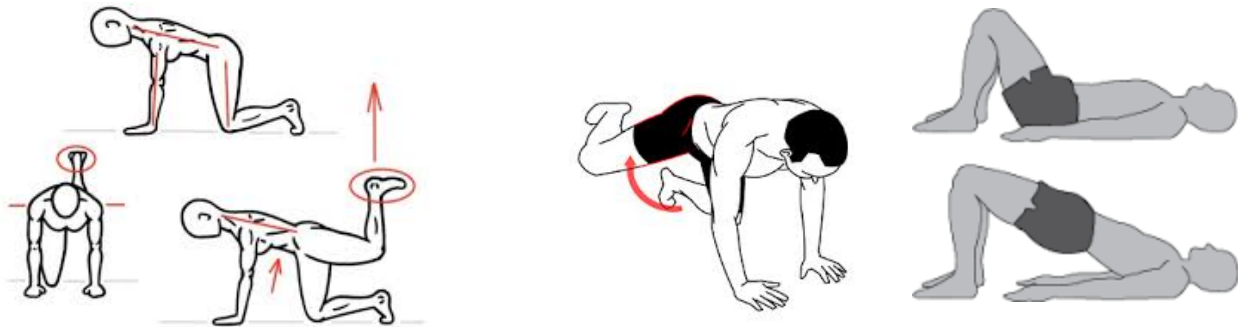
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LINEMEN-SPECIFIC WORKOUTS

Teams are at their best when their linemen are their best. Being a lineman is one of the most physically demanding positions on the field. There are some specific areas for linemen to work on that will prepare them for life in the football trenches. Most coaches would agree that success for a linemen weighs heavily on hip strength and footwork, which is two areas where many middle school athletes lack strength and skill.

Hip Exercises



These three hip exercises will generate strength that has most likely been undeveloped.

Footwork

Footwork is most essential component to be a successful lineman at any level of play. There is one sure-fire way develop strong footwork - **JUMPING ROPE**. Jumping rope is beneficial for developing footwork, leg strength and provides a good cardiovascular workout. The keys to jumping rope are simple:

Do not jump in between loops. You should only jump once to clear the rope. Jumping in between loops will not help you develop footwork. When you have mastered this with two foot jumps, you can move to alternating one-foot jumps.

Jump for as long as you can without messing up. In the beginning, you will probably mess up often. That's alright, just keep practicing. Try and increase the amount of jumps you make without messing up. Before you know it, you will be jumping minutes on end without messing up.



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Your last remaining task is to read the academic handbook, print out the last page and sign it. This is required of all Elwood athletes. The link to the handbook is below.

[Elwood Public Schools Athletic Program Manual](#)