

The logo features the word "Salisbury" in a large, red, serif font with a gold outline. Below it, "STRENGTH & CONDITIONING" is written in a smaller, gold, sans-serif font. To the left of the text are three vertical bars of increasing height, also in gold, with a small square to the left of the shortest bar.

Salisbury

STRENGTH & CONDITIONING

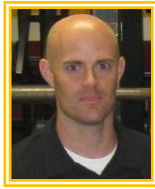


*Strength & Conditioning
Handbook*

2011-2012

Strength & Conditioning Staff

Strength & Conditioning Coordinator



Matthew Nein - MS, CSCS*D
BS – Towson University, '02
MS – Salisbury University, '04

Graduate Assistant Strength & Conditioning Coaches

Andy Deck
BS – Virginia Tech, '05

Brian Bert, CSCS
BS – Springfield College, '08

Mary Beth Krolikowski, USAW
BA – Denison University, '09

Philosophy

The Salisbury University Strength and Conditioning Program utilizes a periodized step loading yearly plan that transcends all aspects of physiological and psychological development. Student athletes will be trained through various measures designed to enhance performance while reducing the risk of injury. Each aspect of the student-athletes training progresses in a systematic order to maximize potential through each mesocycle of training. From a psychological standpoint we strive to instill the concepts of success through effort, teamwork, respect, dedication, mental toughness through our training programs. By implementing these aspects along with a functional, sport-specific training program we can adequately prepare each student-athlete to compete at a high level within the Division III system.



The Strength & Conditioning Staff at Salisbury University continually strives to provide programs that reduce the risk of injury, enhance performance and produce champions. In order to effectively attain our desired outcomes we have implemented a series of expectations, goals, objectives, and rules.

Note: All programs are voluntary and at no time are made mandatory by the Strength or Coaching Staff.

Expectations

1. Come Prepared to Work Hard and Train Hard
2. Support Each Other
3. Train to Achieve Your Goals
4. Get Better Each Day – Mentally & Physically
5. Take Pride in Being a Salisbury Student Athlete – GULL PRIDE
6. Respect the Staff, Equipment, and Facility
7. Clean Up After Yourself
8. Respect All Facility Rules

Outcomes

1. Reduce the Risk of Injury
2. Physically Prepare Each Student Athlete for Competition
3. Psychologically Prepare Each Student Athlete for Competition
4. Create a Structured Training Environment for Student Athletes to learn and grow as individuals.

Facility Rules

1. Appropriate attire should be worn at all times.
 - a. Salisbury University Clothing Preferred – Shirts & Shorts
 - b. Plain Colored Clothing Preferred – Black, Grey, White, Maroon, Yellow (No Writing)
 - c. No open toe shoes, sandals, or hiking boots permitted.
 - d. Shirts are required to be worn at all times.
2. Personal items (bags, coats, etc) are not permitted in the weight room facility.
3. No spitting on the floor or in the water fountain.
4. ALL weights must be returned to the appropriate rack upon completion.
5. Do not drop the weights. If you must drop them they are too heavy.
6. Use of collars is required on all free weight bars.
7. Spotters are required.
8. Damaged or defective equipment should be reported to the Strength & Conditioning Staff. For your safety and for the safety of others do not remove any signs from equipment. Adhere to all posted guidelines.
9. Salisbury University is not responsible for lost or stolen items.
10. Salisbury University reserves the right to refuse service to any participant who violates any policy and procedure, or engages in any verbal and/or physical abuse of Staff or participants.

