



NOBLESVILLE STRENGTH & CONDITIONING

Brian E. Clarke

Strength & Conditioning Coordinator

Wellness Department Chair

Twitter: @MillerStrength

www.nhswellness.org

Facebook: Noblesville Strength Training

ATHLETIC BASED STRENGTH TRAINING

“STRENGTH AND CONDITIONING IS 50% SCIENCE, 50% ART, AND SO I APPROACH IT THAT WAY. BOTTOM LINE IS RESULTS, AND RESULTS AREN'T JUST ABOUT GETTING BIGGER, FASTER, STRONGER, BUT IT GOES TO CHARACTER, IT GOES TO TEAMWORK, IT GOES TO INJURY PREVENTION, IT GOES TO BECOMING OTHERS-CENTERED AND IT GOES TO WINS AND LOSSES.”

-PAUL LONGO

NOTRE DAME HEAD STRENGTH COORDINATOR

BALANCED...EFFICIENT...MOVERS...

MISSION:

High School Strength and Conditioning integrates the necessary methods for students to continuously perform and add value to their highest potential. Integrating stability, mobility, and corrective exercises enhances each student's ability to become a **Balanced, Efficient, Mover & develop LEADERS!**

It all comes down to:

- **Master Benders/ Movers**
 - **Develop Body Armor**
 - **Reduce Injuries**
 - **Leading yourself to make GREAT CHOICES and bring OTHERS with you!
#CompelledLeadership**
-

EXPERIENCES

Head Strength and Conditioning Coordinator

- Noblesville HS (June 2008- Present)
- Warren Central HS (2005- 2008)
- Pike HS (2002-2005)

- **11- State Championships**
 - * Noblesville HS- Baseball 2014
 - * Warren Central- Football (05,06), Men's Track (05,06), Men's XC (05,06), Women's Track (05,06,07)
 - * Pike HS- Men's Basketball (2003)

- **#1 Public High School Athletic Program in USA**
(Warren Central HS)- Sports Illustrated- June 2007

- Trained 3 NBA Draft picks (Courtney Lee 1st Rd- Orlando), (Jeff Teague 1st Rd- Atlanta), (Robert Vaden 2nd Rd- Oklahoma), (Justin Cage Mr. Basketball- Pro Europe)
- Trained Pike HS Mr. Basketball Justin Cage (2003) and Noblesville Miss Softball Katie Harrison (2010)

- Trained 2 WC Mr. Footballs:
Dexter Taylor (WKU) - 2006, Darren Evans- (VT/ Tennessee Titans)- 2007

**DO IT WITH
PASSION
OR NOT
AT ALL.**

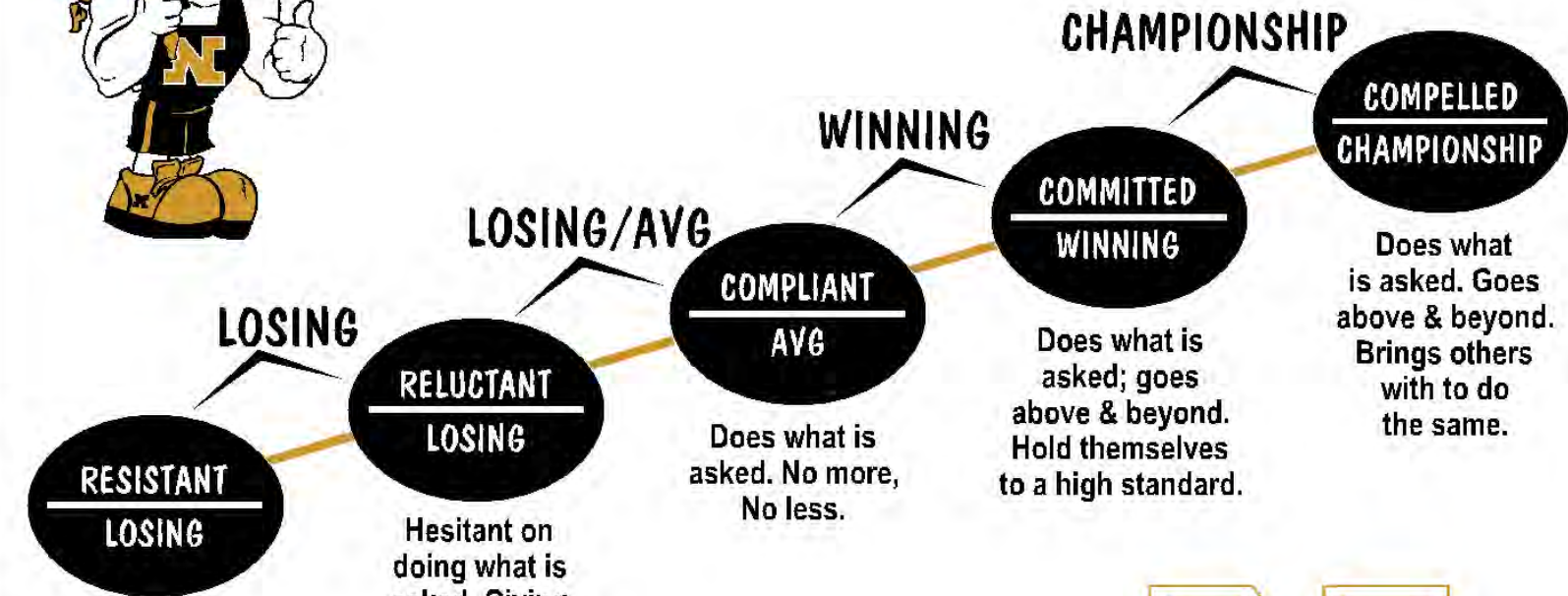
LEADERSHIP & CULTURE

#WAT

CULTURE DEVELOPMENT

- Culture = Tolerance and Expectations (All stakeholders in your program must understand and “OWN” the INTENTIONAL & DELIBERATE Culture established by S&C staff and Athletes)
- Create a Cultural Blue Print: Beliefs, Behavior, Ownership, Desired Achievements
- Transparency is critical!
- Positive and HONEST Relationships with Teammates, Coaches, Admins, and Parents. Everyone is important!
- Accountability fostered by both student and coach! Coach must ALWAYS hold athletes accountable for authentic and effective culture. ATHLETES must hold themselves and each other accountable.
- Communication: Program and Roles
- Ownership vs Buy-In (There is a distinct difference between the two)

WHAT TYPE OF LEADER ARE YOU?



THE “BUTLER WAY”

Demands commitment, denies selfishness and accepts reality, yet seeks constant improvement while promoting the good of the team above self!

- What does this look like in your weight room or with your team?
 - What are some intentional & purposeful leadership skills you can implement tomorrow with your team that reflects the “Butler Way”?
-

LEADERSHIP DEVELOPMENT

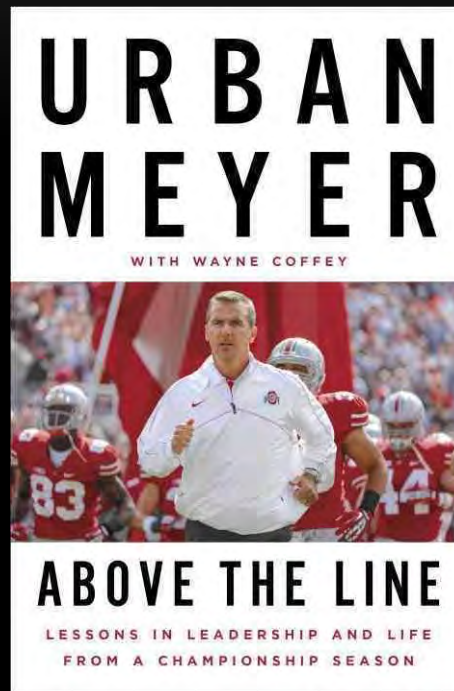
CHARACTER – PROCESS - RESULTS

Results come from the process and the process comes from **CHARACTER**. To achieve better results (outcome goals) focus your efforts on the process (process goals). Your ability to execute the process is based on your character. **CHARACTER drives the process, which drives the results.** **CHARACTER is made up of two things: performance skills and moral skills.** Notice the deliberate use of the terms skills rather than traits. Skills can be learned and developed where traits sounds fixed.

Character Skills		Character Skills	
Performance Skills	Moral Skills	Performance Skills	Moral Skills
Hard Working	Unselfish	Resilient	Loyal
Competitive	Honest	Confident	Trustworthy
Positive	Respectful	Energetic	Encouraging
Focused	Appreciative	Disciplined	Socially Aware
Accountable	Humble	Motivated	Caring

LEADERSHIP DEVELOPMENT

EVENT + RESPONSE = OUTCOME



*** Just buy it! Trust me***

CULTURE & INTENTIONAL LEADERSHIP



WRONG
WAY
GO BACK

Maintaining a winning culture requires team members to have courage in taking the initiative to confront teammates who stray from team expectations.

CULTURE & INTENTIONAL LEADERSHIP

- 1. CONTAGIOUS ENERGY**
- 2. COMMUNICATION**
- 3. CONNECTION**
- 4. COMMITMENT**
- 5. CARING**

IS YOUR LEADERSHIP THE OREO COOKIE?

Everyone loves a real, authentic, and well made cookie. Like the Oreo!



Too often our leadership is the generic Oreo and everyone knows it once they take a bite☺



VARIOUS TRAININGS: STUDENTS IN ACTION



Are You Leading Yourself In Application? Compliant, Committed, or Compelled Leadership?

“MILLER LAWS”

* Lift in the Safe Zone (+2, -2 of prescribed reps)*

* Example 3x8 Safe Zone (6-10 reps)*

* Apply Overload Principal* (Apply Pro Success App weight findings for each rep/set prescription)

* Lift, Spot, Stretch, Record, Corrective Exercises, Data Assessment*

* Character, Championship Mentality, Swagger*

How do you REACT when you win or lose?

- **Iron Miller Challenge:** All athletes compete and there is a point value given to different tests measurements (Big 3, Vertical, 40 yd, pistol squats, pull-ups, dips, pro agility, etc..)
- **Google docs:** Use devices to enable live scoring. Have a device at each event and enter scores as you go. Create an excel sheet with event tabs at the bottom but have the main screen be a scoreboard.
- **Winners and Losers:** Winners get Pizza and sit on chairs at tables while losers serve winners and get PBJ and sit on floor.



SPEED-ATHLETIC DEVELOPMENT PROGRAM

HOW DO YOU LEAD AT THE “EXTRAS?”

- Established “Championship Workouts” for all students. These programs run at 5:50am throughout the school year. We focus on speed-athletic development and team unity.
 - Our Speed-Athletic Development began in the summer of 2008 with approximately 80 students and 15 coaches involved. We now have over 400 students and 35 coaches involved all winter and summer long!
 - Athletes do you have your “Mind Right”? Did you prepare the evening before? Are you a **SERVANT** leader with your team?
-

STUDENTS IN ACTION...




STUDENTS IN ACTION...

Miller Pre-Season Sand Training



ATHLETE MONITORING SYSTEM: METRIFIT

MetriFit "RTP" Readiness To Perform video: <https://www.youtube.com/watch?v=xj-FVv0gKwc>



metrifit Athlete Monitoring System

www.metrifit.com
@metrifit
info@metrifit.com

What is metrifit?

Metrifit is an innovative athlete monitoring system enhanced by intelligent reporting and predictive analytics which benefits both athletes and coaches.

Track daily well-being indicators including:

- Sleep quality & duration
- Energy levels
- Stress levels & Mood
- Muscle soreness
- Academic pressure
- Nutrition quality



Produce a daily readiness to train (RTT) report for a team wellness snapshot

Track rate of perceived exertion (RPE) to compute training load and improve training individuality

Improve self-awareness in your athletes

Provide individual performance feedback

Use our 'Coaches Corner' to share resources across your team



SMART DATA TURNED INTO MEANINGFUL INSIGHTS

Key Features

Readiness to Train/Fatigue Analysis
Training Load, Monotony, Strain
Session-RPE
Athlete and Coach Evaluations
Training Planner
Competition Planner
Test uploads and management

Nutrition Diary
Feedback Facility
Athlete Library/Repository
Coaches Corner/Wikipedia
Video and Document Sharing
LifeStyle
Athlete Profile/Bio

Intuitive Dashboard
Alerts, Messages and Notifications
Goals and Performance Reviews
Automated Alerts
Intelligent Reporting
Innovative Analytics
Predictive Learning Models

"Measurement is the first step that leads to control and eventually to improvement"

Dr. H. James Harrington

ATHLETE MONITORING SYSTEM: METRIFIT

Body and Mind Daily Report 2015-9-29



Body & Mind Daily Report for Tuesday, September 29, 2015

Body & Mind / RTT

An asterisk (*) beside sleep duration indicates athlete has reported 6 or less hours sleep for the last 3 days

Name	Red Zones Today	Red Zones Avg	RTT	RTT Avg	Mood state	Sleep quality	Sleep duration	Energy levels	Muscle readiness	Diet Yesterday	Stress levels	Health
Travis Gillian	4	2	37	55	3	2	5	3	3	2	2	3
Scott Berghoff	4	2	40	57	2	4	8	2	2	4	2	5
Thomas Carroll	4	2	45	56	4	1	6	1	2	4	4	3
Nicholas Kincaid	3	0	36	61	2	3	8	2	2	3	3	3
Chandler Baumgardner	3	2	39	47	1	3	7	2	3	4	2	4
Harrison Ruschak	3	1	43	63	3	2	7	2	3	4	4	2
mittchell Compton	3	2	44	51	3	2	7	2	2	4	3	4
matthew Joseph	3	1	45	72	3	2	8	2	1	4	3	4
John Thomas	3	2	49	56	4	3	6	2	1	4	4	3
Hadden Beck	3	1	51	71	3	2	6	2	4	4	3	3
Austin Bridenthal	2	1	50	67	3	3	7	3	2	5	4	2
Blake Taylor	2	1	51	64	3	3	9	2	4	4	4	2
Anthony Gray	2	1	59	75	4	3	7	2	2	5	5	4
Hagen Wiese	2	2	61	54	4	4	6	3	4	4	3	2
Brandon Bzdyl	2	1	67	78	4	3	6	5	2	4	3	5
Austin Stapleton	1	3	52	43	3	3	9	3	2	3	3	3
maxwell Dixon	1	0	53	62	3	3	7	3	2	4	3	3
Justin Ogle	1	0	56	67	4	3	7.5	3	3	2	3	4
maxim meguschar	1	1	57	75	3	3	6.5	3	5	3	4	2
Bradley mcClure	1	1	58	69	4	3	8	3	2	3	3	4
Zachary Torrance	1	0	60	73	3	3	8	3	2	3	5	4
maxwell Blevins	1	1	60	74	3	3	9	3	2	5	4	3
marcus Emmert	1	1	61	66	3	4	8	2	3	3	5	3
Kevin morataya	1	1	63	68	4	3	8	4	3	4	4	2
Ashton mills	1	2	63	54	4	3	6	3	3	4	3	3
Bradley Killion	1	2	63	56	4	3	6	3	3	4	3	3
Carson Jones	1	1	64	66	4	4	9	2	3	3	3	5
William Schultze	1	1	65	66	3	3	8	3	4	5	5	2
Curtis Taylor	1	0	69	76	4	2	7	3	4	4	4	4
John Scheib	1	1	70	68	3	2	8	4	4	4	4	4
Ronald mcDuffey	1	1	73	70	4	3	4	4	4	3	4	5
Broderick Pastore	1	0	73	76	4	4	8	4	2	5	4	4
William Hampton	0	0	58	59	3	3	7	3	3	3	3	3
Jackson Thurman	0	0	60	63	3	3	8	3	3	3	3	3
Bryce Randolph	0	1	62	63	3	3	8.25	3	4	3	3	3
Nolan Ginther	0	1	62	65	3	3	8.5	3	3	4	3	3
Luke melloh	0	0	62	69	3	3	8	3	3	3	4	3
Isaiah Penn	0	0	62	70	3	3	8	3	3	3	4	3
Andrew Owens	0	0	64	65	4	3	7	3	4	3	3	3
Seth Pope	0	0	64	69	3	3	7	4	4	3	3	3
Tristian Kinnaman	0	0	64	79	4	3	7	3	3	4	3	3
Knox Brodhead	0	0	64	69	3	3	7	3	4	4	3	3
Aaron Brewer	0	0	64	62	3	3	7.5	3	4	3	4	3
Austin Dreyer	0	1	64	63	3	3	7	3	3	4	3	4
Nicholas Totty	0	0	66	71	3	3	7	3	4	4	4	3

ATHLETE MONITORING SYSTEM: METRIFIT

Daily Traffic Light Report

export to PDF export to CSV

Body & Mind Daily Report for Friday, 9 May 2014

Body & Mind / RTT

The body and mind daily report allows you to look at the overall health of your squad/team. Athletes with lowest readiness to train scores and red zones will appear at the top

NAME	RED ZONES TODAY	RED ZONES AVG (LAST 7 DAYS)	RTT	RTT AVG (LAST 7 DAYS)	MOOD STATE	SLEEP QUALITY	SLEEP DURATION	ENERGY LEVELS	MUSCLE READINESS	DIET YESTERDAY
	1	1	44	38	3	4	7	3	1	4
	1	0	57	78	4	4	7	4	2	4
	1	0	76	83	4	4	7	4	5	4
	1	1	76	67	3	4	6	4	5	4
	0	0	52	72	4	3	7	3	5	4
	0	0	64	52	4	3	7	4	3	4
	0	0	68	67	4	4	7	4	3	3
	0	0	72	73	5	4	7	3	4	4
	0	0	72	78	4	4	7	4	3	4
	0	0	72	76	3	4	9	4	4	4
	0	0	72	77	4	4	7	4	3	4

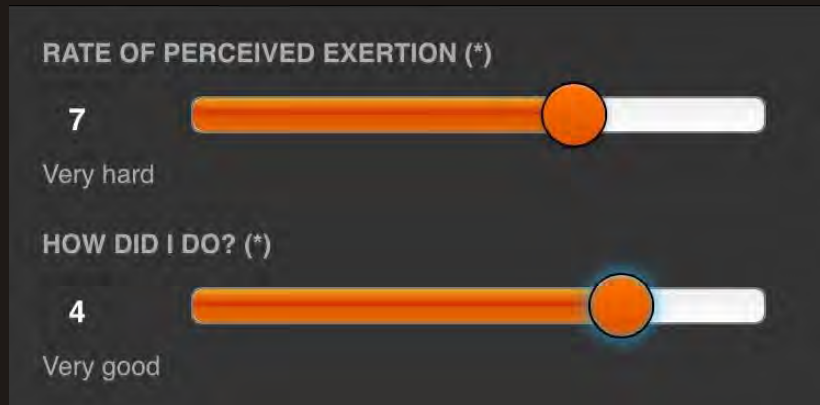
Sleep quality last 7 days:
Sat Sun Mon Tue Wed Thu Fri
4 4 2 3 4 4

You can click on an area such as sleep quality shown above and you will be presented with a view of the athletes values entered in this area over the last 7 days including today.



ATHLETE MONITORING SYSTEM: METRIFIT

HAVE YOU LOGGED YOUR RPE?

Its important to make a note of your RPE after your training session and record this. You log this on a scale of 1 – 10. It measures how hard you found the session physically. 1 would be very easy and 10 would be really really difficult. Also rate how you think you did regardless of intensity/difficulty



Rating of Perceived Exertion Chart (Cardiovascular Endurance)

#10		I am dead!!!
#9		I am probably going to die!
#8		I can grunt in response to your questions and can only keep this pace for a short time period.
#7		I can still talk but I don't really want to and I am sweating like a pig!
#6		I can still talk but I am slightly breathless and definitely sweating.
#5		I'm just above comfortable, I am sweating more and can talk easily.
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
#3		I am still comfortable, but I'm breathing a bit harder.
#2		I'm comfortable and I can maintain this pace all day long.
#1		I'm watching TV and eating bon bons.

Social Media, Technology, Engagement

DO NOT UNDER ESTIMATE THE POWER OF SOCIAL MEDIA! ENGAGE, INSPIRE, AND EMPOWER YOUR ATHLETES TO BE COMPELLED LEADERS. TWITTER, SHOUT OUTS, RE- TWEETS, APP DISCOVERY, GROUP LEADERS, CLASS LEADERS, ETC..... THIS IS THE DIFFERENCE BETWEEN BUY IN AND OWNERSHIP.

Compliant = Do what YOU are supposed to do no more, no less

Committed = Your compliant and Hold YOURSELF to a high standard

COMPELLED = Your compliant, committed, and you bring OTHERS with you!

SOCIAL MEDIA

AT&T LTE 8:05 AM 95%

Twitter Tweet

 **Hollywood** 
@ErinjWood 

When the song Thunderstruck comes on the radio and your arms automatically start to hurt 😂

 @MillerStrength

4/11/15, 5:15 PM from Noblesville, IN

1 RETWEET 4 FAVORITES

Reply to Hollywood 

Home Notifications Messages Me

AT&T LTE 8:06 AM 95%

Twitter Notifications

I may not be lifting this week, but I found something to do while standing in lines.
@MillerStrength #disneyworld
pic.twitter.com/lmAFwwA0vR

 **Collin Kinkead** @CollinKinkead 4/2/15
I may not be lifting this week, but I found something to do while standing in lines. @MillerStrength #disneyworld



 Parker Deakyne

  1  13 

alyssa retweeted a Tweet you were tagged in

Check out the Strike Out Cancer game

Home Notifications Messages Me

AT&T LTE 8:05 AM 95%

Twitter Tweet

 **Jake Mills**
@mills2015 

@MillerStrength we are doing Push ups for every thunder we hear outside. #ThunderThursday



4/10/15, 1:08 AM

2 RETWEETS 4 FAVORITES

Reply to Jake Mills

Home Notifications Messages Me

SOCIAL MEDIA

The image shows a screenshot of a Twitter application interface, divided into three vertical columns. Each column has a blue header bar with a title and navigation icons (back, search, share). The top status bar shows the time as 12:27 PM and 12:28 PM, and the battery level at 81%.

Column 1: Retweeted by Noblesville Baseball

- Trevor Salmon** @trevv010 1/31/14
@Mcarino14 @MillerStrength thanks man you killed it as always #newpartner love ya brotha
4 retweets, 3 likes
- Noblesville Baseball** @MillerBaseball
The Official Twitter Page of Noblesville High School Baseball

Column 2: Favorited by Josh

- Riley Anderson** @rileyanders... 1/31/14
S/O AJ Anderson for always taking me to the weight room on our days off and making me work hard. @AJAnderson14 @MillerStrength #MillerLove
1 retweet, 1 like
- Donavan Cole Lynch** @Don... 1/31/14
@hankdavis88 you killing it every single day in weights and agility, you are great competition and a COMPELLED leader. @MillerStrength
1 retweet, 2 likes
- Josh** @Josh_TM_Garcia
The Ville

Column 3: Retweeted by Westminster S&C

- Matt Joseph** @MattJoseph5 1/31/14
Best workout I've seen. I liked the best that every1 in my group pushed each other to and past there limits. Good job bros @MillerStrength
3 retweets, 1 like
- Westminster S&C** @WCAStrength1
Westminster Christian Academy-Strength & Conditioning

Bottom Navigation Bar: Features icons for Timelines, Notifications, Messages, and Me, repeated for each of the three columns.

Social Media, Technology, Engagement

- LEADERS needs to MODEL social media use and MONITOR
- Encourage positive, thoughtful, and intentional use of social media
- Create a Student-Athlete Social Media Team (CREDIT)
 - C- Careful R- Responsible E- Enthusiastic D- Dependable
 - I- Inclusive T- Thoughtful

This is as important as student-athlete leadership councils

*** When executed properly it can be one of the most POWERFUL and IMPACTFUL tools for your program***

Noblesville Athletic Development

If you are not where you want to be... Find a way to make your dream a reality! Start by evaluating your ability to LEAD yourself! Are you positively contributing to the CULTURE of your team? LEADERSHIP can be lonely from time to time. Stay the course because you never know how close you really are to achieving greatness! Harness your will to continue to challenge yourself, your team, and strive for greatness TOGETHER! #WAT #LEADERSHIP



Noblesville Athletic Development

The wealthiest place in the world is the grave yard! Each of you have more power and control over your lives & circumstances than you realize! Get outside of your comfort zone. You're biggest enemy is yourself. Embrace adversity (adapt, adjust, and overcome) & always think outside of the box! As you travel home today & reflect I encourage you to give some serious thought to the messages in this video.... #TRUTH

You tube Video: “Before you make your goals for 2014 watch this...”

“Never set limits, go after your dreams, don't be afraid to push the boundaries, & laugh a lot, it's good for you!!!”

- Paula Radcliffe