



# Miller Strength & Conditioning

Who we are. What we do.

#WAT

 @MillerStrength

HAMMER STRENGTH



# Miller Strength & Conditioning

Coach Saban - “Last year we lost on the last play & this year we won on the last play”. Don’t miss it - that extra effort, extra sprint, extra attention to detail makes a difference. . The eye movement of a QB won the national championship. It’s a detail!!

#WAT

 @MillerStrength

# 2017 MILLER ATHLETIC PERFORMANCE RAW FOOTAGE



# **THE MILLER WAY**

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

# Be UNcommon

- Servant Leadership



Ken Mannie  
@SpartanEarned1



Following

Help light the way for others. You'll be surprised how much clearer your path becomes in the process. #CT

#WAT

BE  
UNCOMMON.  
POSITIVE.COMMITTED.  
Excellent.AMAZING.  
PASSIONATE.excited.  
DRIVEN.Energetic.FEARLESS  
POWERFUL.confident  
UE TO YOURSELF

- Athletes at NHS are not here to become weight lifters. They are here to become BETTER ATHLETES.

#WAT



# We are about...

- Building **balanced & efficient** moving athletes
  - Bottom to Top
  - Back to Front
  - Side to Side
- Establishing a **competitive & positive environment** to grow while enhancing our identity.

#WAT



# Always Evolving & Adapting...

- Constantly evolving how we approach **programming**
  - *Ex: Command Style, Tempo Lifting (3,2,1)*
- **Collaboration** with other professionals
  - Hammer Strength / Plae Clinics and Summits / NHSSCA
- **NHSSCA National Convention Host 2018. Over 700 attendees**

#WAT





# Do you have a gremlin?

- What is “AR?”
- Be fired up, **but be smart.**



#WAT



# ProSuccess

Carrier 4:01 PM 100%

**Bench**  
Weight: 225  
Reps: 6

**Squat**  
Weight: 310  
Reps: 6

**Clean**  
Weight: 210  
Reps: 8

Body Weight  
Weight: 169

7 8 9  
4 5 6 Clear  
1 2 3  
. 0 Backspace

Home Calculator ProSuccess

Carrier 4:02 PM 100%

	1	2	3	4	5	6	8	10	12	14	16
<b>Bench</b> (225/6)	265.5	250.5	343.6	237.1	230.9	225.0	214.1	204.2	195.2	187.0	179.4
+2 reps (225/8)	279.0	268.2	255.0	242.1	242.6	238.4	225.0	214.6	205.1	196.6	188.3
<b>Squat</b> (310/6)	365.8	345.1	335.6	326.6	318.1	310.0	295.0	281.4	269.0	257.6	247.2
+2 reps (310/8)	384.4	362.6	353.7	343.2	334.3	325.3	310.0	295.7	282.6	270.7	259.7
<b>Clean</b> (210/8)	260.4	245.7	238.9	232.5	226.4	220.7	210.0	200.3	191.5	183.4	175.9
+2 reps (210/10)	273.0	257.6	250.5	243.6	237.4	231.4	220.2	210.0	200.7	192.3	184.2

Your clean should be 10 to 15 pounds heavier than your bench.  
Your squat should only be 50 to 100 pounds heavier than your bench.  
Your coefficient is 159.92 above the class goal.  
August 2, 2013

Body Weight: 169  
Coefficient: 609.923  
Target Coefficient: 450.0

Male Female  
9 10 11 12

Home Calculator ProSuccess

#WAT



HOMER STRENGTH

NAME: \_\_\_\_\_

**NOBLESVILLE HS STRENGTH AND CONDITIONING**

BLOCK: \_\_\_\_\_

MILLER ATHLETIC(S): \_\_\_\_\_

**DAY #1 WORKOUT**

CLUB TEAM(S): \_\_\_\_\_

PHASE 1				PHASE 3											
R	WK 1	R	WK 2	R	WK 3	R	WK 4	R	WK 10	R	WK 11	R	WK 12	R	WK 13
<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____				<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____				<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____				<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____			
<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____				<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____				<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____				<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____			
<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____				<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____				<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____				<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____			
PHASE 2				PHASE 4											
R	WK 5	R	WK 6	R	WK 7	R	WK 8	R	WK 14	R	WK 15	R	WK 16	R	WK 17
<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____				<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____				<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____				<b>BACK SQUAT 1</b> CUES: Chest Up, Back Flat, Hips Below Knee B-Max _____ M-Max _____ E-Max _____			
<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____				<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____				<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____				<b>BENCH PRESS 2</b> CUES: 5 Pts. Of Contact, Bar to Chest, Drive Bar B-Max _____ M-Max _____ E-Max _____			
<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____				<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____				<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____				<b>POWER CLEAN 3</b> CUES: Push/Pull, Drop, Pop B-Max _____ M-Max _____ E-Max _____			

4) D.B.  
READ BOARD

5) PLAT 2  
READ BOARD

6) D.A.  
READ BOARD

7) ZONE 1  
UPPER PULL LOWER CURL

8) ZONE 1  
UPPER PRESS L PRESS/EXT

9) TURF  
READ BOARD

TWITTER: @millerstrength

**#WAT**

BCH GOALS: \_\_\_\_\_ CLN GOALS: \_\_\_\_\_  
 SQT GOALS: \_\_\_\_\_ COEFF GOALS: \_\_\_\_\_

#WAT



# Attendance Policy

- You must pick up your card OR sign-in every class by:
  - Block 1/2: 7:42
  - Block 3/4: 9:17
  - Block 5/6: 10:55
- You CANNOT have another student sign-in OR pick up your card
- If you are absent you will lose points even if it is excused
- All absences must be made up ASAP

#WAT



# Make-Up Assignments

- (IF OUT OF SEASON) 30 minute workout
- 1 page summary (12pt. font, single spaced OR hand written)
  - Journal of S&C Research
  - Online sports performance, nutrition, sport psychology article
  - Detailed summary and rehab plan for previous or current injury
- Email make up assignments:
  - B 1, 3, 5 – [brian\\_mccauley@nobl.k12.in.us](mailto:brian_mccauley@nobl.k12.in.us)
  - B 2, 4, 6 – [donna\\_buckley@nobl.k12.in.us](mailto:donna_buckley@nobl.k12.in.us)  
[brian\\_clarke@nobl.k12.in.us](mailto:brian_clarke@nobl.k12.in.us)

#WAT



# Intentional & Purposeful...

- Every program has a **specific goal** in mind to help reach **the best possible version of yourself.**
- Every lift and movement should be approached with **the highest level of energy and effort.**

#WAT



Are there any hidden kinks in the hose?



What do you do when there is a kink in the hose?

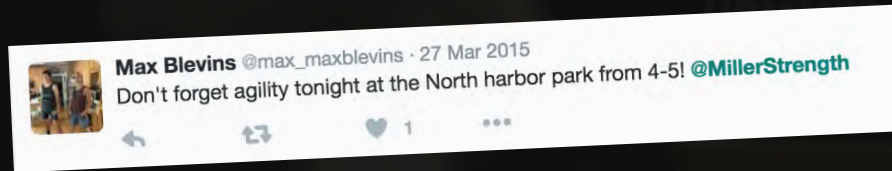
#WAT



HAMMER STRENGTH

# Compelled Leadership

- What is being compelled?
  - Be **unselfish**.
  - Be about the guy or girl next to you.
  - **How many people** can you bring along?



#WAT





# Character

What is **CHARACTER**?

How and why is **CHARACTER** important to the individual and to the team?

#WAT



# Character Development...

- **Who** are you?
- **What** are you willing to do?
- Will you **embrace the moment?**
- Are you **authentic?**

#WAT



# Character Development

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

#WAT



# ATHLETE ATTITUDE



# The Why?

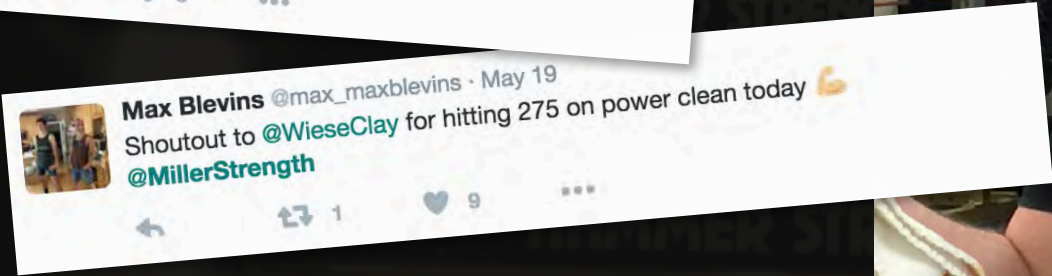
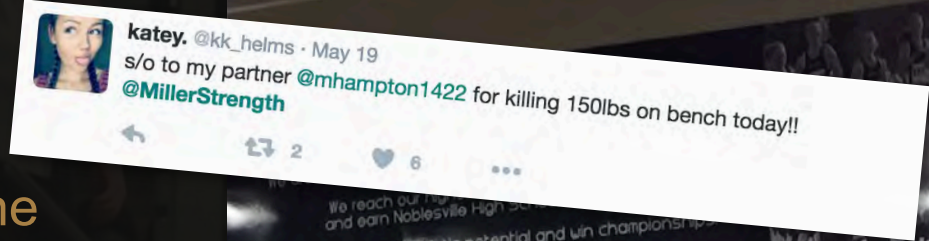
- We are passionate about the development of each and every **person**.
  - We love to see CHARACTER develop and applied
  - We love when students embrace adversity and overcome
  - We love to watch our students develop into LEADERS
- The **person** is always **GREATER** than the **Athlete.**

#WAT



# Community

- Support System – Be there for one another
  - Teammates
  - Friendships
  - Celebrate the highs and the lows



#WAT

We reach our highest genetic potential and win championships.  
We are unselfish leaders and teammates.  
We represent Noblesville High School with passion, appreciation, respect and distinction.  
We are positive, responsible, inclusive and integrated with our school.  
We are part of something greater than ourselves.





BEYOND  
THE  
CHALK

# Enjoy the Process!

Do it right, and everything will be taken care of.

#WAT





#WAT

#WAT