

# ***F.A.S.S.T. AT THE PREP***

## **FUTURE ATHLETE SPEED AND STRENGTH TRAINING**

***BY MICAH KURTZ, MS, CSCS\*D, RSCC\*D, USAW, NASE-CSS, FMS  
DIRECTOR OF STRENGTH, CONDITIONING & ATHLETIC DEVELOPMENT  
WINDERMERE PREPARATORY SCHOOL***

- **F.A.S.S.T. is for anyone going into grades 6<sup>th</sup> -8<sup>th</sup>.**
- **Sessions will be on Tuesday's & Thursday's this summer from 8 am- 9 am**
- **\$200 for entire summer for Windermere Prep students**
- **\$400 for non- Windermere Prep students**

**Contact Coach Kurtz to sign up or sign up the mailing list at**

**[KURTZMICAH@GMAIL.COM](mailto:KURTZMICAH@GMAIL.COM)**

**OR VISIT**

**[WWW.THEATHLETEMAKER.COM](http://WWW.THEATHLETEMAKER.COM)**

**REGISTRATION BEGINS ASAP**

**REGISTER EARLY - SPACE IS LIMITED TO FIRST 30 ATHLETES!**

- **CAMP IS EXPECTED TO REACH FULL CAPACITY EARLY**

**PRE-PARTICIPATION PHYSICALS ARE REQUIRED FOR ALL STUDENTS!**

**UPDATES CAN BE FOUND ON Windermere Athletics Website or TheAthleteMaker.com or on  
TWITTER: @KURTZM3**

### **The philosophy of F.A.S.S.T.**

- **INJURY PREVENTION/ FORCE ABSORPTION-** Athletes are taught how to absorb force and decelerate properly which will enable them to move more efficiently and reduce the risk of injury.
- **SPEED TRAINING-**You probably have noticed in recent years sports teams are focused on speed, speed, and more speed. Youth athletes of any sport can benefit from proper speed training for either improved sport's performance or just overall fitness level. Each athlete will be taught the proper mechanics of how to run in the most efficient way possible.
- **AGILITY TRAINING-** In all sports, an athlete must be able to move from one direction to the other quickly. Agility training will allow the athlete to transition to different directions quickly, as well as improve motor skills, reaction time, and brain signal efficiency.
- **CORE STRENGTHENING EXERCISES-** A strong core allows for: Improved performance in sports, reduced risk of injury, better ability to function each day.
- **TOTAL BODY STRENGTHENING EXERCISES:** The stronger an athlete is the less chance for injury that athlete will have. Each athlete will strengthen their entire body through BODY WEIGHT EXERCISES. I do not recommend lifting weights for young athletes; however I do believe young athletes should work to get stronger through body weight exercises

F.A.S.S.T is run by Micah Kurtz MS, CSCS\*D, RSCC\*D, USAW, FMS, NASE-CSS

- Windermere Prep Director of Strength, Conditioning & Athletic Development
- 2016 National High School Strength Coach of the Year award winner
- 2013 and 2014 South Carolina Strength Coach of the Year award winner
- Develops, implements, and oversees the speed and strength programs for all of Windermere Prep's athletic teams.
- Serves as the Strength and Conditioning Consultant for the perennial high school basketball powerhouse Oak Hill Academy.
- Certified Speed and Explosion Specialist through the National Association of Speed and Explosion (NASE).
- Has trained dozens of professional and collegiate athletes including Sindarius Thornwell, Quin Cook and Justin Smoak

## **FUTURE ATHLETE SPEED AND STRENGTH TRAINING**

Please print all information below

<b>Athletes Name</b> <i>Please print</i>	
<b>Email Address</b>	
<b>Parent Name &amp; cell</b>	
<b>Emergency contact if not parent</b>	
<b>Current Grade</b>	
<b>Parent/Guardian signature</b>	
<b>Date</b>	
<b>Name of Insurance Company</b>	

**Please Read and Signature above verifies you have read and understand hold harmless agreement as well as to parental consent:**

It is my policy to secure consent for medical treatment. In case of illness or injury, permission is granted to treat the participant at any appropriate medical facility. By signing you are giving your consent in advance for medical treatment. Furthermore, as a participant in this camp, I hereby state that I am aware of and accept the risk inherent in the program activity. The below signed does hereby agree to hold harmless and indemnify, The Athlete Maker LLC, Micah Kurtz, Assistants, Windermere Prep School, Nord Anglia, their offices, agents and employees, from any and all liability, loss, damage, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp.

Parent/Guardian Name \_\_\_\_\_

Signature \_\_\_\_\_

Medical Concerns or Allergies: (please list)

### **Testimonials for F.A.S.S.T.**

“Coach Kurtz’ strength and conditioning program at AC Flora helped turn me into the athlete that I am today. Through him, I learned how important training is if you want to be the best athlete possible. I have grown to love all aspects of strength and conditioning and hope to be a future strength and conditioning coach. If it weren’t for the strength program at AC Flora, I wouldn’t have been able to accomplish what I did in high school and what I hope to in the future.”

--Taylor Smith

- 2 time Female State Speed and Strength Champion
- Varsity letters in Volleyball, Basketball and Track

The strength and conditioning program at Oak Hill was one of the most comprehensive and thorough systems I have been a part of. The program not only made me a better athlete but also focused on my stability, mobility and injury prevention.

--Jordan Adams

- Oak Hill Academy 2011,2012, UCLA 2012-2014
- High School Basketball National Champion- 2012
- 1st Team All-Pac 12 – 2012
- 1st Round Draft Pick Memphis Grizzlies 2014