

Strength Trainers

Insight into the life of a strength coach

By: Lindsay Crum and Emily Wolfram

BLEED SYCAMORE!" said **Coach Brian Conatser**. Being

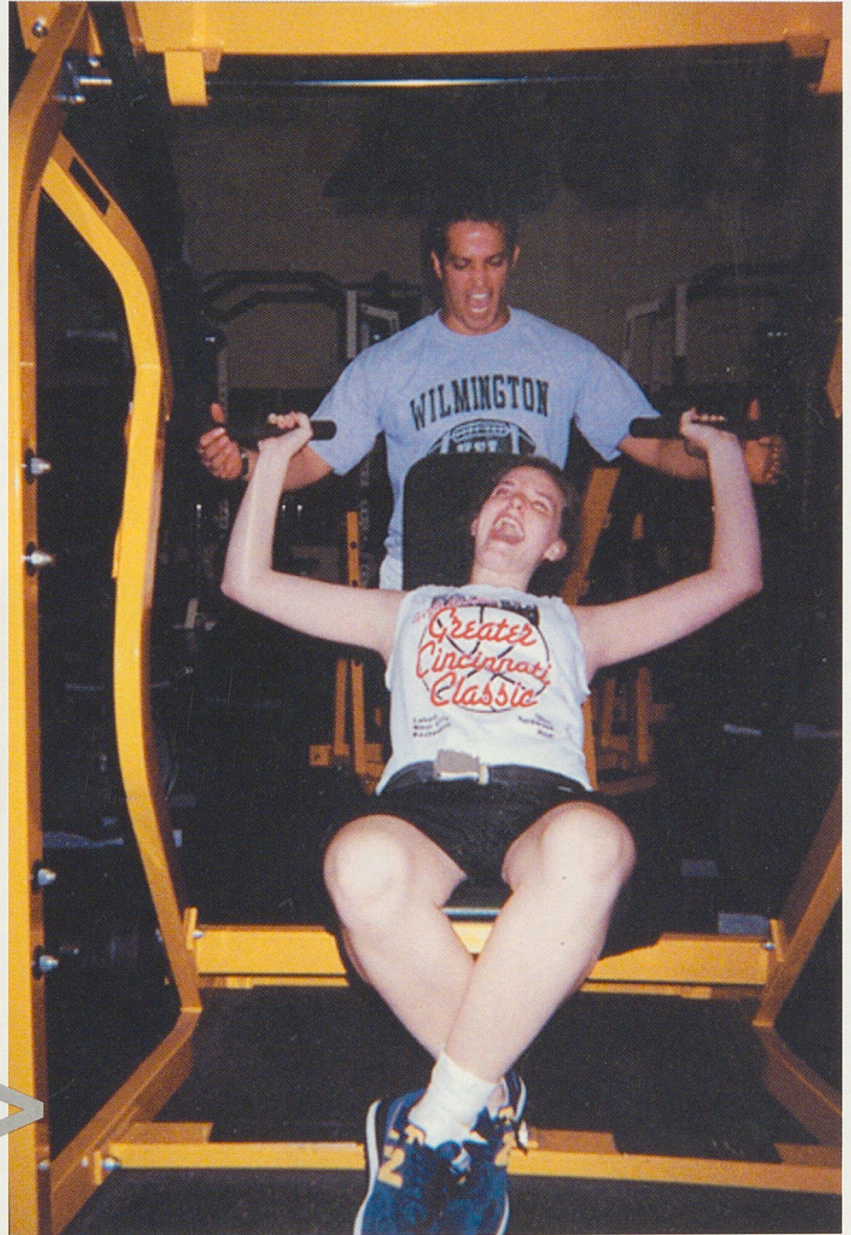
a teacher as well as a strength coach requires a lot of time and dedication. Both jobs are equally important to our strength

instructors who balance their time between the class room and the weight room. While Conatser spent his mornings teaching, **Lauren Laskowski**, the other strength coach, attended school in order to obtain her teaching degree. Being in the classroom with the athletes aided in the teacher student relationship. Knowing the students intellectually provided in the end for a better workout. Having experience with the athletes during school hours enabled the communication and trust to thrive reaching full potential physically and academically.

Due to our astounding facility, the weight room was arranged and organized in a systematic approach that Conatser, and Laskowski have created. The set up of the weight room was purposely designed to propel the athletes to the best of their ability and allow for a total body workout.

"The rationale behind this structure was to focus on the entire muscle range instead of developing only some," said Coach Laskowski. The athlete's needs are always the most important and our coaches make sure to provide the right workouts for each individual team and its members.

INTENSITY IS KEY! **Coach Conatser** spots **Alison Ivers, 10**, as she lifts vigorously. The main goal of the strength program was to push the athletes to the best of their ability. The concept of "force reps" was used to ensure all teams used their maximum strength and became stronger.



Q&A Coach Conatser

q: What is a typical work day schedule for you being a teacher and a weight strength coach?

a: I arrive at school around 7:00 A.M. and my contract requires me to stay until 3:00 P.M. I am normally in the weight room from then until 6:00 and usually attend any evening sporting events.

q: What is trying to be accomplished with how the weight room has been set up?

a: The intention of setting up the weight room in that order, was to get the most efficient total body workout. Athletes can work on different sets of muscles instead of the same ones all the time.

q: How does being a teacher aid in your relationships with your student athletes?

a: Teaching helps me to get to know the kids on a intellectual level, which in turn allows me to provide for their personal needs in the weight room. Also, I teach biology which I can apply in my coaching.