



## 2018 Tahoma Football Off-Season Program



Parents and Players:

The entire Tahoma Football Staff is motivated to create positive changes for 2019 to improve the performance of our players both on and off the field. The staff mission is to focus on the development of **TEAM** by providing an environment that develops **STRONG, HARD WORKING** athletes that are **COMMITTED** to each other. This is vital for Tahoma Football to compete at a high level.

At Tahoma we have the opportunity to work with James Laurence at Legerity Sports Performance in Covington, WA. He is an expert at helping young athletes develop and maximize their potential. We have current and past athletes that have benefited from working at Legerity. This opportunity incorporates the use of the art facilities at Legerity as well as Tahoma High School.

To make the improvements needed for success this fall, the staff and Legerity have created a plan that consists of four workouts a week. This program will focus on Speed, Movement, Power, Stability and Flexibility through strong work ethic and attention to detail. This does not come without a cost. Individual training is a premium expense, but we will be working with a minimum of 20 players, so the team has been given a tremendous price reduction listed below.

4 workouts a week – 16 total workouts a month – plus workout shirt and shorts

\$155.00 per month for a minimum of 20 athletes from January through May

*We believe in our kids being multi-sport athletes. Athletes in a winter or spring sports can jump in after their season is complete.*

Workout days are **\*Monday**, Tuesday, Thursday and **\*Friday** from 3pm to 4:30pm (**\* Legerity facilities**)

The players will need to carpool to Legerity facilities on Monday & Friday.

Several of the older players have said they are willing to help transport their teammates.

We want your family to understand the plan and have the opportunity to answer questions to help make the decision to enroll. *We need a minimum of 20 players to participate.* The Tahoma staff believes this is the best option for our coaches and players. We want a consistent and challenging program that will maximize our time and resources. The players will be able to grow as they work together to get bigger, faster, stronger and more importantly develop a TEAM approach that is needed to be successful in football.

The Tahoma staff and Legerity are committed to the success of our athletes both on and off the field. Feel free to reach out to Coach Norris, [RNorris@Tahomasd.us](mailto:RNorris@Tahomasd.us). We are excited about this opportunity and look forward to hearing from you and your family.

**Registration information/payment form and Legerity waiver forms are attached. Email Coach Norris ASAP if you enroll in the program to track who's registered and to ensure we meet our minimum registration of 20 players. The entire team will meet after school on January 7<sup>th</sup> to review the schedule and team expectations, and then trainings will begin on January 8<sup>th</sup>.**

Sincerely,

**Tony Davis**  
Tahoma High School  
AD/Head Football Coach  
[TDavis@TahomaSD.US](mailto:TDavis@TahomaSD.US)

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Legerity facilities and training environment is cutting-edge, high energy, professional and fun. Not only are the workouts physically demanding, but equally stresses the importance of the mental aspect of training.

### **Introduction to Speed and Movement:**

*Athletes will work on speed, attributes of acceleration, deceleration, fast power, upper and lower body synchronization, also focusing on movement which entails many aspects including: agility, balance, strategic anticipation and change of direction.*

### **Introduction to Power and Core stabilization/balance:**

*Athletes will focus on proper lifting mechanics as well as explosive strength. Athletes will also learn to strengthen the abdominal wall and surrounding muscles to improve coordination and aid in injury prevention by emphasizing proper biomechanics.*

### **Flexibility:**

*Athletes will learn techniques using static, dynamic, and functional movement to increase flexibility.*

### **Development of athletic work ethic:**

*Athletes will continue to develop a positive and confident character and good sportsmanship while learning how to become a leader on and off the field/court.*

**Legerity Sports Performance, Inc.**  
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