

WHAT?

- o These workouts will address **STRENGTH, POWER, SPEED, AGILITY, TEAMWORK, MENTAL TOUGHNESS, PROPER NUTRITION**, etc. and will be conducted by **Nick Setta of Setta Performance**.
- o <http://settaperformance.com/training/>

WHO?

- o Open to any Lockport student-athlete not currently participating in a fall sport.

WHEN and WHERE?

- o These **18 workouts** will take place over **9 weeks** starting on **Tuesday, September 5th**.
- o Workouts will be from at **6:45-7:55 a.m.** in the Fieldhouse at LTHS East Campus. Enter through CWC.
 - Athletes who drive to workouts must park in student parking spaces.
 - Freshman will be able to catch a bus to Central.

ADDITIONAL WORKOUT INFO-

- o Coach Setta will also provide athletes with **additional customized weight and conditioning workouts** that can be completed by the athlete on their own. This will give the athletes the opportunity to complete structured workouts on days when we do not meet as a group.

COST?

- o Each athlete will pay **\$50.00** total for the 18 Setta Performance workouts.
- o Each athlete will receive a t-shirt after they have paid their fee.
- o Payment due Thursday 9/14. *If you have not paid, or arranged payment, you will not be able to continue workouts.*
- o Payment options
 - Pay online at www.porterbaseballboosters.org.
 - You will have to register with website to use this option (registration is free)
 - There is a small processing fee to pay online.
 - Pay with a check. Write check to **"LTHS BASEBALL BOOSTER CLUB"** and place in a sealed envelope w/ athlete's name on the outside of the envelope. Return envelope to Coach Satunas in room 212 at LTHS East.
- o Money Hardship? Not being able to afford the payment is not a reason to miss working out! Contact Coach Satunas to discuss.

COMPLETE LIST OF WORKOUT DATES-

- | | | |
|--|---|-------------|
| ▪ Tue 9/5 | ▪ Thu 9/28 | ▪ Tue 10/24 |
| ▪ Thu 9/7 | ▪ Tue 10/3 | ▪ Thu 10/26 |
| ▪ Tue 9/12 | ▪ Thu 10/5 | ▪ Tue 10/31 |
| ▪ Thu 9/14 | ▪ Tue 10/10 | ▪ Thu 11/2 |
| ▪ Tue 9/19*
(7:45-8:45am due to late start) | ▪ Thu 10/12 | |
| ▪ Thu 9/21 | ▪ Tue 10/17*
(7:45-8:45am due to late start) | |
| ▪ Tue 9/26 | ▪ Thu 10/19 | |

GRADE/BEHAVIOR CHECKS

- Athlete's grades will be checked at the end of every week.
- If an athlete has 2 D's or 1 F at any time, they will be allowed one week to improve this grade. If they do not progress during this time, they will not be allowed to workout.
 - o An athlete can return to workouts when they have shown adequate progress towards bettering their grades.
- Behavior incidents will be dealt with on an individual basis. Working out is a privilege and we expect our athletes to be leaders within our school.

Please feel free to contact me with any questions or concerns that you may have.

Coach Satunas

asatunas@lths.org

www.porterbaseball.org

815-588-8597