

Oak Ridge High School Foundation Strength and Conditioning Program

Program Overview

The Oak Ridge High School Foundation Performance Center Conditioning and Strength Program is a year round holistic approach to developing the speed, power and agility of all student athletes at Oak Ridge. Utilizing a combination of corrective exercises, conditioning drills, weight training exercises and nutritional awareness, the program aims to enable Oak Ridge student athletes to perform at higher competitive levels while avoiding injuries. The program is run by a team of conditioning and training specialists from Vince Mini's House of Pain, a leading Northern California sports conditioning facility. In addition to a focus on physical conditioning, the program also stresses the value of a solid education and reinforces the need for each participant to maintain good academic standing in all their classes.



Foundation's Role

For the past two years the Foundation has spearheaded an effort with the school district to greatly expand our gym, construct a brand new wrestling facility as well as transform the old weight room into a performance training center. While funding for the construction came from Measure Q Funds, the Foundation raised almost \$300,000 for improvements to the equipment in the three facilities. We also roll out phase one of a technology plan (another \$80,000). Purchasing special flooring and equipment for the performance training center cost about \$150,000 and included 24 tons of weights and 15 new racks. That makes our facility better equipped than Sac State. During the fundraising process we received input from donors and community leaders that we should explore the concept of offering an after-hours training program for our athletes that would fully utilize the new performance center and allow the athletes to train as a team. Working with Mike Blasquez the strength and conditioning director for all sports at UC Berkley and formerly of De La Salle High School, the Foundation crafted an RFP, evaluated vendor responses and selected Vince Mini's House of Pain as the best offering. Going forward, the Foundation will provide overall administrative management of the program.

Conditioning Staff

Vince Mini –Vince is a strength and conditioning coach with nearly 30 years in sports conditioning programs. He is certified by the US weightlifting Association; he is also certified on functional movement and a member of the Strength and Conditioning Association as well as serving as an advisory board member. In high school Vince was an All-American in the sports of baseball, football and wrestling and attended Temple University on a football scholarship. He later played professional football for the Philadelphia Eagles. Vince has trained collegiate as well as professional athletes in the sports of baseball, basketball, football, golf, gymnastics, lacrosse, tennis and track.

Gabriel Jackson – Over the last 10 years, Gabriel has developed strength and conditioning training programs for collegiate, pro and high school athletes in football, basketball, softball, track and field, crew and soccer. In addition to his Master's degree in education, he is a certified as a Strength and Conditioning Specialist, a United States Weightlifting Association Level 1, an EPIC Combine Director and in Speed Power Agility Reaction Quickness (SPARQ).

Justin Jackson - After playing Division 1 football at UN Reno, Justin coached JV football at Folsom High for two years before focusing his talents on personal training. He has spent the last five years honing his personal training skills and is certified as a Corrective Exercise Specialist, Performance Exercise Specialist and National Association Sports Medicine Certified Personal Trainer.



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Frequently Asked Questions

Q. Who can participate in the program?

A. While our goal is to allow all students at Oak Ridge to take advantage of this truly unique program, the initial roll out will focus only on athletes in sports where the coach has decided to participate.

Q. Are there costs to participate in the program?

A. Yes. Participation is totally voluntary, however, the Foundation will be incurring significant expense in coordinating the program including fees for the professional services of Vince and his team members, insurance, facility rental (yes we have to rent it from the school) and lastly bookkeeping.

Q. How much will it cost?

A. \$75/mth if paid by cash or check, else \$80/mth. Compared with similar training that costs over \$200 a month, we believe our costs are extremely reasonable.

Q. Will the program continue in the summer?

A. Yes. We plan to continue the program in the summer although there may be a week or 2 of off time.

Q. What day of the week will conditioning sessions be held?

A. We are planning to do a 4-day split, however that may change...in a perfect world, we'd like to do a Monday, Tuesday, Thursday, and Friday routine.

Q. How will injuries and injury prevention be handled?

A. Student athletes that are injured will work on a modified program. For example, Nick rolls his ankle and can't do anything in regards to lower body...Well, Nick can do all things upper body. In regards to injury prevention, students that don't follow the weight room rules and procedures, will be dismissed from the workout that day.

Q. Will teams work out together?

A. Yes. We'd like to group students with their team by strength and or position group. We believe that this will help create a healthy competition among the team members and position groups. We will also do our core exercises together as a team.

Q. How is my child's progress measured?

A. Students will be screened twice a year. They'll have their body weight monitored on their workout cards. They'll each receive a goal setting sheet. We'll also do strength checks in the following lifts: Snatch, Shoulder Press, Deadlift, every 4 weeks (to start after the initial 8 weeks.) In addition, athletes will also have their vertical, pro agility and 10 yard dash times monitored every 8 weeks.



Q. Can my 8th grader participate?

A. While not finalized it is our hope that 8th graders will be allowed to start the summer they will enter high school if they intend to participate in a sport and that sport is training during the summer.

To learn more:

Contact your student athlete's team coach.

