



TANNER SCHROER

REVERE STRENGTH & CONDITIONING

BACKGROUND

- ▶ CSCS-NSCA
- ▶ B.Sc. -Exercise Physiology, Ohio Northern University
- ▶ University of Akron- Men's/Women's Soccer, Women's Basketball, Women's Golf



“YOU CAN HAVE GOOD HEALTH WITHOUT GREAT PERFORMANCE. YOU CAN’T HAVE GREAT PERFORMANCE WITHOUT GOOD HEALTH.”

Unknown

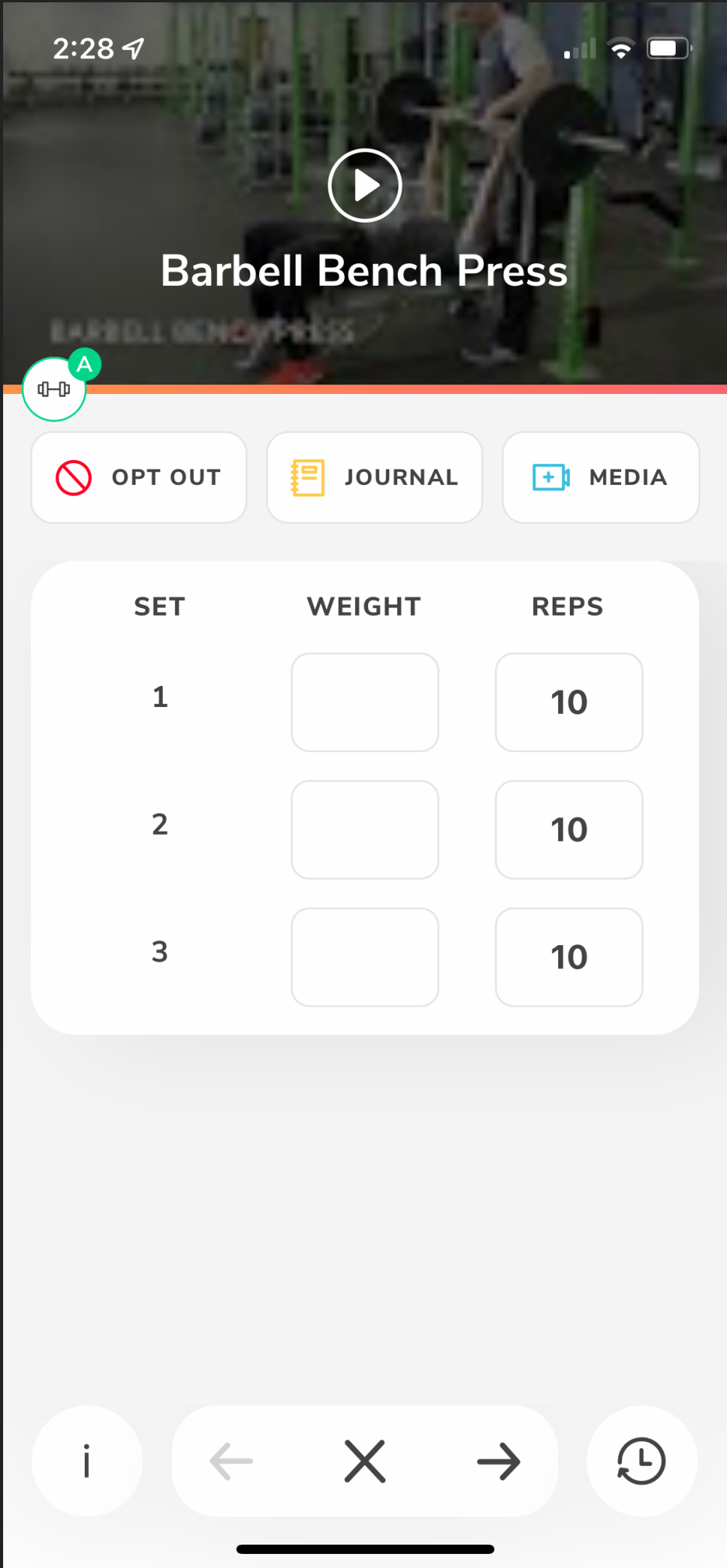
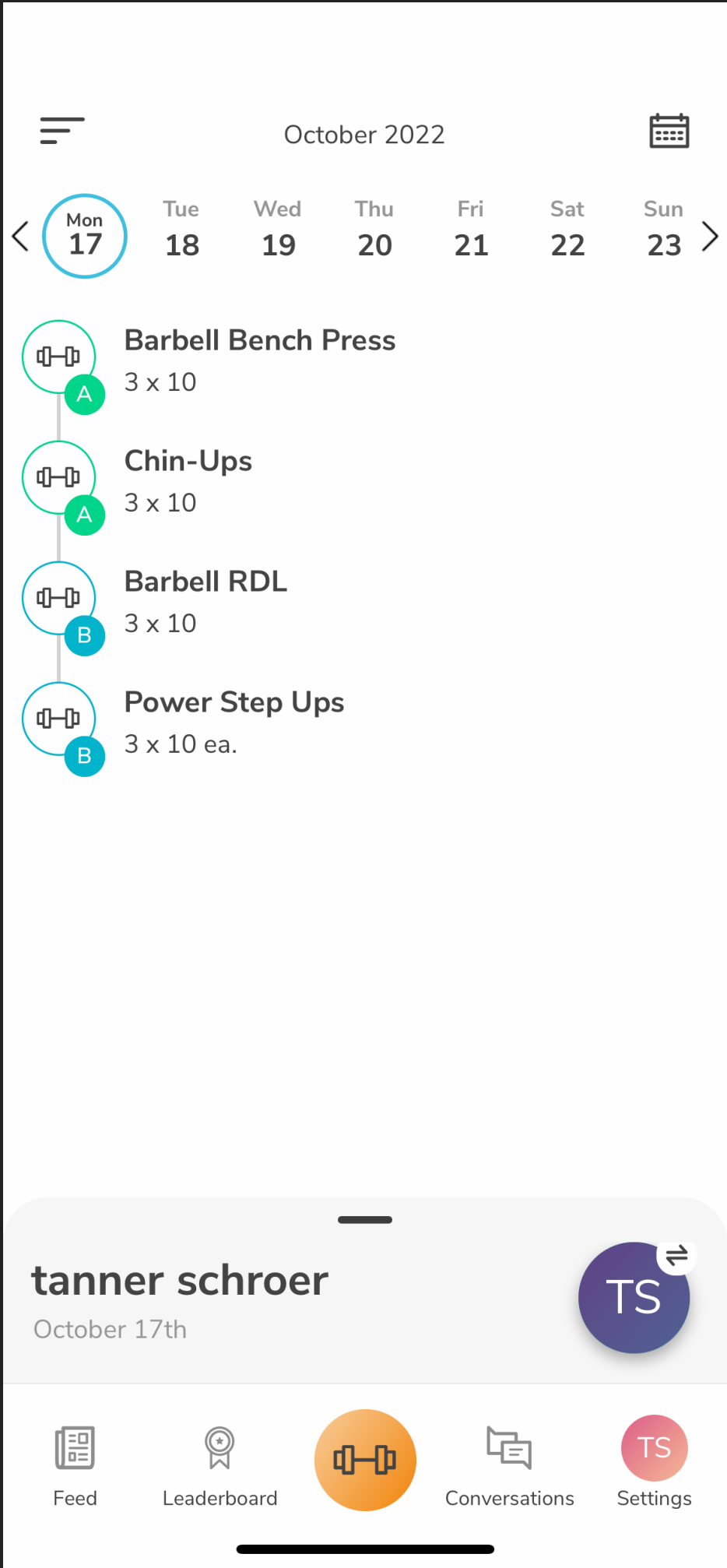
NEW EQUIPMENT

- ▶ Ipads
- ▶ Timing systems
- ▶ Jump mats
- ▶ Machines
- ▶ Accessories (Bands, Balls, Etc.)



TEAMBUILDR

- ▶ Administer workouts
- ▶ Records Weight/Reps
- ▶ Track Progress



LIFTER OF THE MONTH

- ▶ One male and one female athlete each month
- ▶ Posted on wall/Social Media
- ▶ Ice cream voucher



LEADERBOARDS

BOYS FLYING 10'S



- 1. ALEC LARAMORE -17.0 MPH***
- 2. ALEX CABLE-17.0 MPH***
- 3. CHRIS MUNTEAN-16.6 MPH***
- 4. CARSON BANKS-16.5 MPH***
- 5. GEOFFREY SIESS-16.1 MPH***
- 5. CONNOR GROCE- 16.1 MPH***

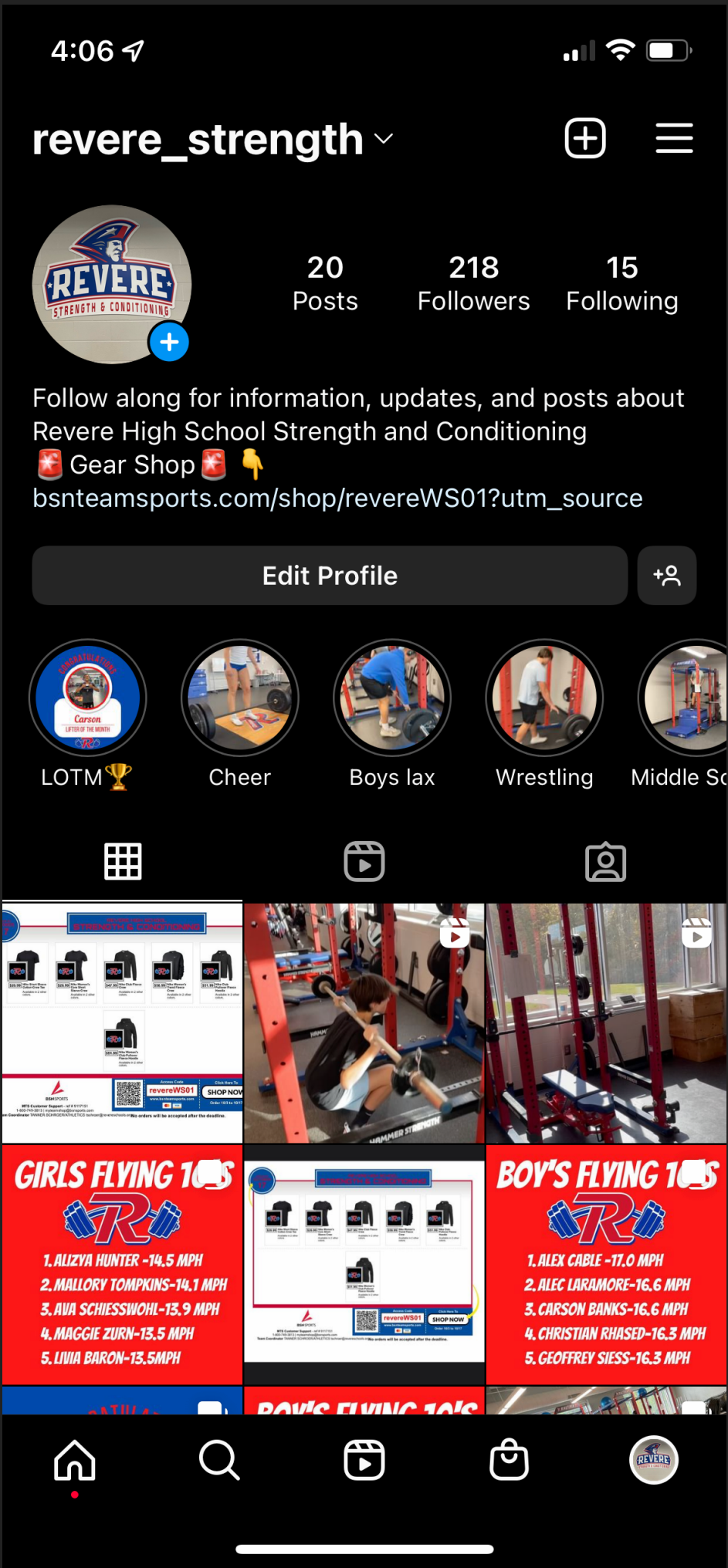
GIRLS FLYING 10'S



- 1. ALIZYA HUNTER -14.5 MPH***
- 2. MALLORY TOMPKINS-14.1 MPH***
- 3. AVA SCHIESSWOHL-13.9 MPH***
- 4. MAGGIE ZURN-13.5 MPH***
- 5. LIVIA BARON-13.5MPH***


SOCIAL MEDIA

- @revere_strength on Instagram & Twitter




SCHEDULING/PROGRAMMING

- ▶ Off-Season- Firm
 - ▶ 2-4x/Week
 - ▶ Mobility/Dynamic Warmup
 - ▶ Speed/Agility
 - ▶ Jumps/Plyometrics
 - ▶ Lifting
- ▶ In-Season- Fluid
 - ▶ 2x/week
 - ▶ Mobility/ Dynamic Warmup
 - ▶ Lifting



Revere Winter Weight Room Schedule



Times	Monday	Tuesday	Wednesday	Thursday	Friday
2:50 - 3:45 pm	Wrestling (2:50-3:30)	Baseball	Boys Basketball	Football	Indoor Track
3:45 - 4:30 pm	Football	Indoor Track (4-4:45)	Football (3:35-4:25)	Baseball	Baseball
4:30 - 5:15 pm	Middle School Girls Basketball (4:30-5)	Off-Season Open	Wrestling (4:30-5)	Off-Season Open	Middle School Girls Open (4:30-5:00)
5:15 - 6:00 pm	Off-Season Open		Cheer		Middle School Boys Basketball (5:00-5:30)
6:00 - 6:45 pm		Middle School Boys Open	Off-Season Open	Middle School Boys Open	Girls Only Off- Season (5:30-6:15)
6:45-7:30	Girls Basketball	Middle School Girls Open		Girls Basketball	Boys Only Off- Season (6:15-7:00)

Winter schedule will begin on Monday, OCT. 24th. Please direct any questions to tschroer@revereschools.org

MIDDLE SCHOOL

- ▶ Developmental
- ▶ Games/Competitions
- ▶ Learning Basic Movement Patterns
 - ▶ Press
 - ▶ Pull
 - ▶ Hinge
 - ▶ Squat




ORDER BY
OCTOBER
17


REVERE HIGH SCHOOL STRENGTH & CONDITIONING




\$26.99 Nike Short Sleeve Cotton Crew Tee
Available in 2 other colors.




\$26.99 Nike Women's Core Short Sleeve Crew
Available in 2 other colors.




\$47.99 Nike Club Fleece Crew
Available in 2 other colors.



\$58.99 Nike Women's Trend Fleece Crew
Available in 2 other colors.



\$51.99 Nike Club Pullover Fleece Hoodie
Available in 2 other colors.



\$51.99 Nike Women's Club Pullover Fleece Hoodie
Available in 2 other colors.



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Team Coordinator TANNER SCHROER/ATHLETICS tschroer@revereschools.org



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Order 10/3 to 10/17

No orders will be accepted after the deadline.