



**NORWELL HIGH SCHOOL  
&  
MOSES FITNESS**



**PREP FOR SUCCESS & JR. PREP FOR SUCCESS**

Norwell High School Athletics and Moses Fitness will be offering students (Based on your grade for the 2023-2024 academic year) the opportunity to participate in our pre-season strength and conditioning program.

**PREP FOR SUCCESS - Grades 8th - 11th**

Registration form [HERE](#)

**JR. PREP FOR SUCCESS - Grades 3th - 7th**

Registration form [HERE](#)

REGISTRATION DEADLINE IS MONDAY JUNE 20, 2023

**PROGRAM DATES:**

PREP FOR SUCCESS - The program will run on – Monday, Wednesdays & Fridays starting on July 10, 2023 and ending on August 11, 2023

JR. PREP FOR SUCCESS - The program will run on – Tuesday & Thursdays starting on July 11, 2023 and ending on August 10, 2023

**TIME OF PROGRAM:**

PREP FOR SUCCESS - The program will start at 7:00 AM and end at 8:30 AM

JR. PREP FOR SUCCESS - The program will start at 7:30 AM and end at 8:30 AM

**COST OF PROGRAM:**

PREP FOR SUCCESS - \$200

Link to pay for Prep for Success [HERE](#)

JR. PREP FOR SUCCESS - \$150

Link to pay for Jr. Prep for Success [HERE](#)

**Payment must be made at time of registration. Please follow the links above the Unipay site under Norwell School Dept. and Athletic Fees.**

## **AREAS OF FOCUS**

### SPEED DEVELOPMENT, AGILITIES AND CHANGE OF DIRECTION WORK AT CCC

- o Running form and sprint technique drills
- o Reaction drills for improved quickness
- o Ladder and cone agility drills for increased foot-speed and agility
- o Balance and Coordination
- o Sprint training utilizing elastic resistance bands for multi-directional speed movements

### PLYOMETRICS @ WEIGHT TRAINING / CORE TRAINING IN HS GYM & WEIGHT ROOM

- o Plyometric training for first step explosive power and quickness
- o Sport functional strength and core training utilizing various methods of resistance including: medicine balls, free weights, elastic, and other training techniques
- o Single leg strength and balance movements for improved athletic performance

**\*Jr. Prep for Success will not be doing weight training\***

This registration form is the FIRST step of the registration process. The SECOND step of the registration process is payment online through Unipay.