



## A New Era of Prairie Strength & Conditioning

Prairie Athletics is excited to announce the beginning of a new era of training for our 9th-12th athletes. Beginning with the summer of 2024, the strength and conditioning of Prairie athletes will be led by Zach Walrod. Zach is completing his first year teaching P.E. at Prairie H.S. after coming to College Community from the University of Iowa, where he served as a member of their strength and conditioning staff. The wealth of experience Zach brings, having trained Division I athletes, has already benefited our students and will ensure high quality training and development for the Prairie Hawks into the future. The summer phase will begin on Monday, June 10th and conclude on Thursday, August 15th. The training is free to all 9th-12th ('24-'25) athletes.



Zach will also oversee the leadership of our Performance P.E. during the academic year starting with the fall semester of 2024. This phase of training will allow students to earn credit for P.E. while engaging in training that is consistent with other phases and complimentary to their sport-specific needs, in and out of season. The Prairie Booster Club continues to lead the way in ensuring financial support for Prairie athletes by providing them with the best opportunities for growth and development.

Communication regarding the summer training has been shared directly with 9th-12th athletes from their coach. Additional communication will be coming on Friday, June 7th with the specific training session assignments for each team/athlete. Throughout the first few weeks, adjustments may be made to balance the size of each session. Please encourage all 9th-12th athletes to attend each session to achieve maximum results. Any questions may be directed to the Prairie Activities Dept. ([adavis@crprairie.org](mailto:adavis@crprairie.org), [knoska@crprairie.org](mailto:knoska@crprairie.org)).

Summer training opportunities for 7th-8th ('24-'25) athletes will take place on Monday and Wednesday, 8:00AM-9:15AM, at Prairie Point beginning on Wednesday, June 12th and ending on Wednesday, July 17th. No sessions will be held July 1st-5th due to the holiday. Any questions regarding 7th-8th summer training may be directed to Alisha Frese ([afrese@crprairie.org](mailto:afrese@crprairie.org)).

### **9th-12th Summer Phase Details**

**Free** to PHS 9th-12th ('24-'25) Athletes

Monday-Wednesday-Thursday

Start Date: Monday, June 10th

End Date: Thursday, August 15th

*\*No Sessions 7/1-7/5 (Holiday)*

*\*No Sessions 7/28-8/4 (No Contact Period)*

### **Session Assignments**

#### **FOOTBALL/BOYS WRESTLING**

Freshman: Report to Weight Room at 7:00 AM-John Wall at 8:00 AM

Varsity: Report to John Wall 7:00 AM- Weight Room at 8:00 AM

#### **OLYMPIC SPORTS**

\*Group 1: Report to John Wall Stadium at 9:15 AM

\*Group 2: Report to John Wall Stadium at 10:15 AM

*\*Assignments will be sent no later than Friday, June 7th*

### **Message from Prairie Athletics Strength & Conditioning Director Zach Walrod:**

*Prairie High School Families and Students,*

*We are excited to introduce our new Prairie High School Athletic Physical Education model, a dynamic program designed to elevate our athletic teams to their highest performance potential. Our vision is to consistently compete at the highest levels, creating memorable performances through unwavering dedication and effort.*

*Central to our model is the principle of consistency. Achieving peak performance requires a steadfast commitment to training, nutrition, and sleep. By maintaining consistency in these areas, we ensure that our Prairie sport coaches have the best possible athletes ready to excel in every competition.*

*Our training philosophy is rooted in movement quality. We will focus on essential components such as mobility, sprinting, jumping, change of direction, and resistance training. Each aspect of our training will be tailored to meet the students where they are in their athletic journey, ensuring they progress at a pace that is both safe and effective. This personalized approach will help each student-athlete develop their skills systematically and sustainably.*

*Our aspiration is for Prairie High School to become the benchmark for integrating athletics and academics seamlessly. We believe that a balanced approach will not only produce outstanding athletes but also well-rounded individuals prepared for future success.*

*To accomplish this, we emphasize the importance of mastering the basics, paying close attention to detail, and approaching each day with a positive attitude. These values are the foundation upon which we build our program and develop our student-athletes.*

*We look forward to embarking on this journey together, setting new standards for excellence in high school athletics and academics. Thank you for your continued support and dedication to Prairie High School.*