

PVCS EAGLE ATHLETIC UPDATE

Pioneer Valley Christian School

Fall 2005

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SPORTS ENHANCEMENT TRAINING

The Athletic Department at Pioneer Valley Christian School is expanding the sports program this year; this year we are beginning a sports enhancement training program which will focus on building strong athletic foundations for our athletes. It will develop the complete athlete by enhancing qualities like speed, agility, quickness, strength, power, and flexibility. Athletes will be evaluated and placed on a training program that enables them to chart their own progress and success. To maximize the effectiveness of this program, we will use advanced performance research to improve the athletes from their potential to actual performance as well as help prevent season-ending injuries. In order for this sports program to compete at an optimum level, increase competitiveness, and reduce the risk of injuries, sports enhancement training is a must.



The Sports Enhancement Training program will incorporate areas such as injury prevention, nutrition, SAQ (Speed, Agility, Quickness) training, and BFS (Bigger, Faster, Stronger) training.

S.E.T. improves:

- Total body physical development
- Speed, Agility, Quickness
- Strength and Conditioning
- Nutrition habits
- Discipline
- Work Ethic

PVCS Athletics Hires Strength and Conditioning Coach

The Pioneer Valley Christian School Athletic Department has hired Coach Brad Osborn as the Head Baseball coach and the Strength and Conditioning Coach. Coach Osborn's impressive credentials include certifications as United States American Weightlifting Strength Coach, and Bigger, Faster, Stronger Strength Coach. He holds a Bachelor of Science Degree in Kinesiology from Texas A&M University as well as coached at the collegiate level at Rice University, multiple high and middles schools in Texas. He most recently served as the Head Baseball Coach and Strength Coach at Calvary Baptist Academy. Coach Brad Osborn also served as the coordinator of Sports Enhancement Training at the Springs Sports Training Center in Springs, Texas, where he instructed in sports specific and gender specific training for all ages.



experience, Coach Osborn delivers a unique style to his state-of-the-art training with a Christian perspective.

EXPERIENCE

Calvary Baptist Academy (10/04—6/05)

- Strength Coach
- Assistant Football Coach
- Head Varsity Baseball Coach—State record for highest team batting average

The Springs Sports Training Center (8/2—4/04)

- Baseball & Softball Coordinator
- Sports Enhancement Trainer—Trained over 2000 athletes

American Heritage Academy (8/98—5/02)

- Defensive Coordinator Football Coach
- Head Varsity Baseball Coach
- Strength Coach
- 3 State Championships—Basketball, Baseball, Football

Rice University (8/96—5/98)

- Football Coach
- Graduate Assistant
- Strength Coach

Elgin Varsity Baseball Coach (8/95-5/96)

Northwest Academy Varsity Baseball (8/93-5/95)

A&M Consolidate Strength Coach (8/91-5/92, 1/93-5/93)

Stratford High School Strength Coach (8/92-12/92)

EDUCATION

Baptist Bible College

Master's, Sport and Physical Education

Texas A & M University

Bachelor of Science, Kinesiology

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PVCS EAGLES

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**“...RUN IN SUCH A WAY AS
TO GET THE PRIZE.” I
CORINTHIANS 9:24**

We're on the Web!
www.pvcseagles.com

S.E.T. Program Needs Equipment

In order for our Sports Enhancement Program to continue to grow, our coaches need a professional level speed enhancement kit, that comes complete with all the training equipment.

The S.A.Q. (Speed, Agility, Quickness) pack featured here contains the exact amount of equipment needed to implement the S.A.Q. routine with 24 athletes. This program produces drastic changes in team speed

and attitude!

The PVCS Athletic Department seeks to raise \$2500 for this equipment pack. If you would like to contribute to Sports Enhancement Training Program, please contact:

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Sample picture of equipment needed for the Sports Enhancement Training program. The set shown above can be used to train 24 athletes at once.

FOUNDATION

La Margue—State Championship four consecutive times. The Dallas Morning News said, “The key to their success was the strength and conditioning program.”

A&M Consolidated—Six Straight State Championship Finalist in 4A. They believed the foundation to their athletic program is Strength and Conditioning.

Elgin High School—Big turnaround in 3A. Gives credit to Stephenville for their gains in Strength and Conditioning. Coach Eddie Bacca says that Converse Judson and Stephenville have the best teams in the state because of their strength and conditioning programs. When visited, it is said that you will never see a team work harder.

Vince Lombardi said, “Hard work is the price we must pay for success. I think we can accomplish almost anything if we are willing to pay the price. The pride of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.”

Houston Christian—(Known as Northwest Academy) Had a losing season for 15 years until the new athletic director brought in a Strength and Conditioning Program where players came in six days a week at 6:00 in the morning. The added strength and conditioning program turned their athletics around in one year. They have been to three straight state title games. There were complaints of discipline problems,

academic failures, unmotivated students, and financial downfall before the program was implemented. Now there is a new life that does not have the many problems it once had.

Evangel High School—A witness to all schools across the nation being the number three in the nation. Coach Dunn and Denny Deron credit their success to the Lord and to their Strength and Conditioning Program. When asked about the athletic period in the morning, Pastor Dunn said that he would not trade it for anything. Coach Dunn said it is the foundation to their athletic program.

Rice University Sports—Head Strength Coach Scott Reaves said, “I hope the year will fulfill your dreams and aspirations as you prepare yourself mentally and physically to win the WAC Championship. You must believe you and your teammates are doing everything humanly possible to make it happen. We have invested much.” (Their Strength and Conditioning Programs are at different times than their practices— 6:00, 6:30, & 7:30 AM).

Pioneer Valley Christian School—Fall 2005, instituted a Strength and Conditioning Program under direction of Coach Brad Osborn, Head Baseball Coach and Strength and Conditioning Coach.