SPORTS PERFORMANCE INTERNSHIP MANUAL

Kacie Allison
BGSU, kaciea@bgsu.edu

Follow this and additional works at: https://scholarworks.bgsu.edu/hmsls_mastersprojects

How does access to this work benefit you? Let us know!

Repository Citation
Allison, Kacie, "SPORTS PERFORMANCE INTERNSHIP MANUAL" (2024). Master of Education in Human Movement, Sport, and Leisure Studies Graduate Projects. 102.
https://scholarworks.bgsu.edu/hmsls_mastersprojects/102

This Article is brought to you for free and open access by the Student Scholarship at ScholarWorks@BGSU. It has been accepted for inclusion in Master of Education in Human Movement, Sport, and Leisure Studies Graduate Projects by an authorized administrator of ScholarWorks@BGSU.
BOWLING GREEN STATE UNIVERSITY SPORTS PERFORMANCE INTERNSHIP MANUAL

Kacie Allison

Master’s Project

Submitted to the School of Human Movement, Sport, and Leisure Studies
Bowling Green State University

In partial fulfillment of the requirements for the degree of

MASTER OF EDUCATION
In
Sports Administration

April 10, 2024

Project Advisor:
Dr. Amanda L. Paule-Koba, Professor, School of HMSLS

Second Reader:
Dr. Ray Schneider, Professor, School of HMSLS
Bowling Green State University
Sports Performance

Internship Manual
BGSU Sports Performance Staff

**Director of Sports Performance – Ben Morse**
Team Assignments: Men’s Ice Hockey, Baseball, Women’s Basketball, Volleyball.
Email: bmorse@bgsu.edu
Phone: (857) 292-1998

**Director of Football Sports Performance – Kevin Tolbert**
Team Assignments: Football
Email: tolberk@bgsu.edu
Phone: (734) 645-4443

**Assistant Director of Sports Performance – Kacie Allison**
Team Assignments: Men’s Basketball, Women’s Soccer, Softball, M/W Golf.
Email: kaciea@bgsu.edu
Phone: (845) 807-8685

**Assistant Director of Sports Performance – Kevin Long**
Team Assignments: Swim & Dive, T&F/XC, Gymnastics, Women’s Tennis.
Email: kevlong@bgsu.edu
Phone: (419) 764-9240

**Assistant Director of Sports Performance – Ian Samuelson**
Team Assignments: Football, Men’s Soccer
Email: iansam@bgsu.edu
Phone: (419) 372-6024
# Table of Contents

BGSU Sports Performance Mission, Core Values, Goals & Standards ................................................. 4-5

Four-Year Developmental Model ........................................................................................................ 6-7

Intern Responsibilities & Expectations ................................................................................................. 8

Intern Assignments & Evaluation ....................................................................................................... 9

Curriculum Outline ........................................................................................................................... 10-11

Appendix ............................................................................................................................................... 12
  Facility Map, Parking & Directions .................................................................................................. 13
  Slideshow Presentations & Best-Practice Research Articles ........................................................... 14
  Helpful Charts & Diagrams .............................................................................................................. 15
  Force Plate Set-up Instructions & Testing Protocols ........................................................................ 16-17
  Standard Power Rack Set-up .......................................................................................................... 18
  Weight Room Facility Cleaning Checklists ..................................................................................... 19-21
  Nutrition Ordering Process & Inventory Checklist ........................................................................ 22-23
  Movement Screen Template .......................................................................................................... 24-25

Exercise Techniques ......................................................................................................................... 26
  Back Squat ....................................................................................................................................... 27
  Bench Press ..................................................................................................................................... 28
  Barbell Clean .................................................................................................................................. 29
  Trap Bar Deadlift ............................................................................................................................ 30
BGSU Sports Performance

We aim to operate under the expanded umbrella that is sports performance to accommodate the ever-changing demands of sports performance within the athletic developmental process.

This umbrella shall include but is not limited to:

- Strength Training
- Power Development
- Speed and Agility
- Energy System Development
- Injury Reduction
- Use of Recovery Modalities/Sleep Optimization
- Liaison to Sports Nutrition
- Reinforcement of Mental Health Initiatives

We recognize the unique power of the weight room in that every student athlete will pass through these walls at least once a week.

- We will leverage this power to act as a hub to connect with all aspects of the BGSU High Performance team (Mental Health, Sports Psychology, Nutrition, Sports Medicine).
- The TV Displays can and shall be used to broadcast the latest initiatives and research to be communicated by the BGSU High Performance Team.
Core Values:

- **Simplicity**: Training should be simple enough to always know the why.
- **Agency**: The student-athlete has a voice and plays an essential role in the training process. We aim to empower the student-athletes to take action in health and fitness during sport and life after sport.
- **Inquisitive Leadership**: Selflessness in our pursuit of understanding and improving athletic performance.

Goals and Standards to Reinforce Core Values:

- **Simplicity**:
  - Can the athlete answer why they are performing a given exercise?
- **Agency**:
  - Is there an environment where student athletes’ ideas and concerns are approached by the coaching staff with an open mind towards discourse and solutions?
- **Inquisitive Leadership**:
  - Is there an open forum for athletes to ask questions and explore solutions?
  - Are there opportunities for peer leadership within training?

Training Principles:

- **Ground-Based**: Exercise selection shall emphasize movements that utilize the entire kinetic chain starting with the feet on the ground to improve intermuscular coordination and biomechanical patterns within ground-based movements.
- **Explosive**: Movements such as Olympic lifting variation, plyometrics, loaded jumps, and medicine ball throws will act as drivers behind improving rate of force development.
- **Three-Dimensional**: Training will emphasize moving along the sagittal, frontal, and transverse planes to prepare the body for the multiplanar demands associated within movement in sport.
- **Objective**: Training shall provide objective markers on a regular basis to track athlete progress and development while enhancing competition.
Four-Year Development Model

As a department, we recognize that every athlete is unique and has varying levels of experience upon entering their collegiate careers. The Four-Year Developmental Model follows the principle of Long-Term Athletic Development (LTAD), a strategic framework that focuses primarily on maximizing an athlete’s potential through structured, progressive, and individualized training concepts. This evidence-based approach emphasizes the cultivation of fundamental skill acquisition, technical proficiency, and increased sport-specific work capacity over the course of an athlete’s developmental journey. Therefore, we have established a progressive plan that starts from the most rudimentary level and gradually advances in exercise selection, volume/intensity, and specificity.
Four-Year Developmental Model:

Year 1:
- Developmental year one.
- Aim to approach conscious competence in 5 basic human movement patterns (Squat, Hinge, Push, Pull, Carry). Learn to put body through a full range of motion under load. Learn to keep a neutral spine under load. Introduction of Olympic lifts where necessary.
- Periodization is flexible but largely linear in nature.
- Focus on structure of plate regarding nutritional macronutrients. Learn basic elements of good sleep hygiene.

Year 2:
- Developmental year two. Achieve conscious competence in 5 basic human movement patterns (Squat, Hinge, Push, Pull, Carry). Achieve proficiency in moving on 3 planes of motion under load.
- Periodization remains flexible but largely linear in nature. Increased training volumes and intensities in off-season.
- Focus on improving micronutrient intake. Develop strategies to cope with environmental factors that may inhibit sleep.

Year 3:
- Begin transition towards advanced training methods. Unconscious competence in basic human movement patterns. Conscious competence in Olympic lifting variations (where applicable).
- Periodization moves towards a high degree of emphasis on concurrent training to accommodate higher volume loads and absolute intensities.
- Focus on positive habit formation and stacking of habits around sleep and nutrition.

Year 4:
- Advanced training methods. Conscious competence in Olympic lifting variations (where applicable).
- High degree of variation in training methods with concurrent method as key driver within a flexible periodization model.
- Advocate and become a leader within squad for reinforcing positive sleep and nutrition habit formation.
Intern Responsibilities & Expectations

1. Complete all assignments and readings.
2. Set-up and break-down weight room and nutrition station daily.
3. Learn – Have a growth mindset and a positive attitude.
4. Take initiative – Be proactive and find opportunities to provide value.
5. Be inquisitive – Ask tons of questions and take good notes.
6. Be dependable – Be on time and commit to your hours.
7. Be professional – Wear appropriate attire (no gear with other schools’ logos, no backwards hats, pajama pants, etc.), and communicate in a respectful, timely manner.

Assignments

1. Read/watch assigned articles and videos, and review PowerPoints for each week.
2. Coach Interview – Reach out to a strength and conditioning coach in the field.
5. Podcast Presentation – 2-3min summary of a podcast of choice from podcast list.
7. Program Presentations – 2-3min summary of program assignments (i.e. warmup).
8. Program Design - 3-week off-season program design for a sport of your choice. Be sure to include all aspects of training (warmup, speed, plyometrics, strength and power, conditioning, etc.), as well as proper progression of exercises, intensity, and volume.
9. Evaluations – There will be two performance evaluations; midterm and final. Use this evaluation as an opportunity to reflect on your performance and development throughout the internship.

Here are some guidelines to help you fill out your self-evaluation:

- **Allocate sufficient time**: Set time aside to complete the evaluation thoroughly, reflecting on each area of your performance.
- **Be honest and critical**: Honest reflection will reveal areas where you excel and areas where you can improve. It is not expected of the intern to receive all 4-5’s.
- **Be specific and detailed**: Include comments and provide details for why you gave yourself a specific rating (if necessary).

Each intern will fill out their own performance evaluation and arrange a meeting to receive specific feedback from the coaching staff.
<table>
<thead>
<tr>
<th>Intern Performance Evaluation</th>
<th>Underperforms</th>
<th>Gets By</th>
<th>Satisfactory</th>
<th>Exceeds Requirements</th>
<th>Exceptional</th>
<th>Specific Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationships with Performance Coaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationships with Athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relationships with Other Interns</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session Preparation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session Flow/Organization</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authority/Control of Large Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual Attention to Athletes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy &amp; Enthusiasm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Positive Body Language</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vocal Volume &amp; Tone</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reinforcement/Encouragement</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feedback/Corrections/Effective Instructions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knowledge of Lift Technique/Training Goal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Humble and Eager to Learn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Timeliness</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Professionalism</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Set Up and Break Down</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Takes Initiative</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sense of Urgency</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Attention to Detail</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>100</td>
</tr>
</tbody>
</table>

**Relationship Skills**

**Coaching Skills/Presence**

**Other**

**Total Score /100**
<table>
<thead>
<tr>
<th>Week</th>
<th>Discussion Topic</th>
<th>Assignment(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Intern Orientation &amp; Movement Screen</td>
<td>Read over Internship Manual</td>
</tr>
<tr>
<td>1</td>
<td>Force Plates &amp; Technology</td>
<td>Read: <a href="#">How to Succeed as a Strength and Conditioning Intern</a></td>
</tr>
<tr>
<td>2</td>
<td>Lift Technique (Bench, Squat, Deadlift, Clean)</td>
<td>Watch: <a href="#">CSCCa Proper Lift Technique Videos</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Coach Interview Due</td>
</tr>
<tr>
<td>3</td>
<td>Needs Analysis</td>
<td>Read: <a href="#">Needs Analysis Article</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Intern Led Lift Technique</td>
</tr>
<tr>
<td>4</td>
<td>Programming Principles</td>
<td>Watch: <a href="#">Scientific Principles Videos</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Present Needs Analysis</td>
</tr>
<tr>
<td>5</td>
<td>Warmups, Mobility, &amp; Activation</td>
<td>Read: <a href="#">Warm-up: Comprehensive Preparation for High Performance Article</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Research Article Presentation #1</td>
</tr>
<tr>
<td>6</td>
<td>Speed &amp; Agility</td>
<td>Watch: <a href="#">Speed &amp; Power Development Video</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Present Warm-up</td>
</tr>
<tr>
<td>7</td>
<td>Jumps &amp; Plyometrics</td>
<td>Read: <a href="#">Plyometrics Article</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Present Speed Session</td>
</tr>
<tr>
<td>8</td>
<td>Strength &amp; Power</td>
<td>Read: <a href="#">Force-Velocity Curve Article</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mid-Term Evaluations Due</td>
</tr>
<tr>
<td>9</td>
<td>Energy System Development</td>
<td>Watch: <a href="#">Energy System Training Video</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Present Podcast Summary</td>
</tr>
<tr>
<td>10</td>
<td>Program Design</td>
<td>Read: <a href="#">6 Steps to Program Design Article</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Research Article Presentation #2</td>
</tr>
<tr>
<td>11</td>
<td>Career Development</td>
<td>Read: <a href="#">3 Steps to Advancing Your Career as a Strength and Conditioning Coach</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Present Book Summary</td>
</tr>
<tr>
<td>12</td>
<td>Guest Speaker: TBD</td>
<td></td>
</tr>
<tr>
<td>13-14</td>
<td>Program Design Presentations</td>
<td><a href="#">Complete Program Design &amp; Final Evaluations Due</a></td>
</tr>
</tbody>
</table>
Program Design Instructions:

- Present a training program for the first 3-weeks off-season for a team of your choice.
- Please include all aspects of training (warmup, speed, plyometrics, strength, and conditioning) in the sequence you want it to be performed.
- Remember to base all aspects of the program on appropriate periodization concepts, volume, intensity, load, and work-to-rest ratios.
- Write the program as if you would be handing it directly to your athlete.
- A blank template will be emailed to you for you to use.

Sample Coach Interview Questions:

- Describe your background in strength and conditioning.
- What kinds of certifications do you have?
- What is your coaching philosophy?
- What does a typical day look like for you?
- How do you go about communicating with athletic trainers, PTs, sports nutrition, etc.?
- How do you prefer to approach continuing education and professional development?
- What are some of the biggest challenges you face as a strength coach?
- What would you say is the most rewarding part of your job?
- What advice do you have for a young strength coach?
- Who else in the field would you recommend that I reach out to?
Facility Directions, Parking, & Map:
The Sebo Center Weight Room facility is located adjacent to the Doyt Perry Stadium (Football field), on the side closest to Stadium Drive. If you are entering the facility from the front, you will come through the doors, walk straight passed the elevator down the hallway, and enter the weight room through the last door on your right.

Parking:
If you are a BGSU student with an on-campus student or commuter parking pass, you may park in parking lot “L” and enter the facility from the main entrance. If you are not a BGSU student or do not have a parking pass, you will need to park in the short-term parking lot, #13, and walk across the football field to enter the Sebo Center from the inside of the stadium.

Driving To Doyt Perry Stadium (Football) from Interstate 75:
• Take exit 181 for OH-105/OH-64 toward Bowling Green/Pemberville.
• At the traffic circle, take the 2nd exit onto E Wooster St.
• Turn right into the parking lot.
Slideshow Presentations:

- **Force Plates & GymAware Presentation**
- **Needs Analysis Presentation**
- **Programming Principles Presentation**
- **Warmups, Mobility, & Activation Presentation**
- **Speed and Agility Presentation**
- **Jumps & Plyometrics Presentation**
- **Strength & Power Presentation**
- **Energy System Development Presentation**
- **Program Design Presentation**

Empirical Research Articles for Needs Analyses:

- **Quantifying Change of Direction Movement Demands in Professional Tennis Matchplay**
- **Kinematic, Kinetic, and Temporal Metrics Associated With Golf Proficiency**
- **Analysis of In-Season External Load and Sport Performance in Women’s Collegiate Basketball**
- **Match-Play External Load and Internal Load in NCAA Division II Women’s Soccer**
- **Athlete External Loads Across a Collegiate Men’s Lacrosse Season**
- **Revisiting the Assessment of Strength, Power, and Change of Direction in Collegiate American Football Athletes**
- **Quantifying External Load and Injury Occurrence in Collegiate Women’s Volleyball Players Across a Competitive Season**
- **Relationships Among Shoulder Rotational Strength, Range of Motion, Pitching Kinetics, and Pitch Velocity in Collegiate Baseball Pitchers**
- **The Influence of Upper- and Lower-Body Maximum Strength on Swim Block Start, Turn, and Overall Swim Performance in Sprint Swimming**
- **The Biomechanics of Ice Hockey: Health and Performance Using Wearable Technology**
### Helpful Charts & Diagrams

#### RELATIVE INTENSITY TABLE

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>x1</th>
<th>x2</th>
<th>x3</th>
<th>x4</th>
<th>x5</th>
<th>x6</th>
<th>x8</th>
<th>x10</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAX</td>
<td>100.0%</td>
<td>95.0%</td>
<td>90.0%</td>
<td>85.0%</td>
<td>80.0%</td>
<td>75.0%</td>
<td>70.0%</td>
<td>65.0%</td>
<td>60.0%</td>
</tr>
<tr>
<td>HEAVY +</td>
<td>97.5%</td>
<td>95.0%</td>
<td>92.5%</td>
<td>90.0%</td>
<td>87.5%</td>
<td>85.0%</td>
<td>82.5%</td>
<td>80.0%</td>
<td>77.5%</td>
</tr>
<tr>
<td>HEAVY</td>
<td>95.0%</td>
<td>92.5%</td>
<td>90.0%</td>
<td>87.5%</td>
<td>85.0%</td>
<td>82.5%</td>
<td>80.0%</td>
<td>77.5%</td>
<td>75.0%</td>
</tr>
<tr>
<td>MOD +</td>
<td>92.5%</td>
<td>90.0%</td>
<td>87.5%</td>
<td>85.0%</td>
<td>82.5%</td>
<td>80.0%</td>
<td>77.5%</td>
<td>75.0%</td>
<td>72.5%</td>
</tr>
<tr>
<td>MOD</td>
<td>90.0%</td>
<td>87.5%</td>
<td>85.0%</td>
<td>82.5%</td>
<td>80.0%</td>
<td>77.5%</td>
<td>75.0%</td>
<td>72.5%</td>
<td>70.0%</td>
</tr>
<tr>
<td>LIGHT +</td>
<td>87.5%</td>
<td>85.0%</td>
<td>82.5%</td>
<td>80.0%</td>
<td>77.5%</td>
<td>75.0%</td>
<td>72.5%</td>
<td>70.0%</td>
<td>67.5%</td>
</tr>
<tr>
<td>LIGHT</td>
<td>85.0%</td>
<td>82.5%</td>
<td>80.0%</td>
<td>77.5%</td>
<td>75.0%</td>
<td>72.5%</td>
<td>70.0%</td>
<td>67.5%</td>
<td>65.0%</td>
</tr>
<tr>
<td>TOO LIGHT</td>
<td>82.5%</td>
<td>80.0%</td>
<td>77.5%</td>
<td>75.0%</td>
<td>72.5%</td>
<td>70.0%</td>
<td>67.5%</td>
<td>65.0%</td>
<td>62.5%</td>
</tr>
</tbody>
</table>

**COLOR CODE**
- **MAX**: Very high training load
- **HEAVY**: High training load
- **MOD**: Moderate training load
- **LIGHT**: Low training load

### TABLE 2.1.2 A Periodization Model for Resistance Training

<table>
<thead>
<tr>
<th>Period/Season</th>
<th>Preparatory</th>
<th>First transition</th>
<th>Competition</th>
<th>Second transition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subperiod</td>
<td>General preparatory</td>
<td>Specific preparatory</td>
<td>Precompetitive</td>
<td>Main competitive</td>
</tr>
<tr>
<td>Season</td>
<td>Off-season</td>
<td>Preseason</td>
<td>In-season</td>
<td>Postseason</td>
</tr>
<tr>
<td>Phase</td>
<td>Hypertrophy intensity endurance</td>
<td>Basic strength</td>
<td>Strength/power</td>
<td>Peaking</td>
</tr>
<tr>
<td>Intensity</td>
<td>Low to moderate</td>
<td>High</td>
<td>Low to very high</td>
<td>Very high to very low</td>
</tr>
<tr>
<td>Volume</td>
<td>High</td>
<td>Moderate to high</td>
<td>Low</td>
<td>Very low</td>
</tr>
<tr>
<td>Reps/sets</td>
<td>3-6 sets ***</td>
<td>2-6 sets ***</td>
<td>2-6 repetitions</td>
<td>1-3 repetitions</td>
</tr>
</tbody>
</table>

**FORCE (N)**
- Maximum Strength 90-100% 1RM
- Strength-Speed 80-90% 1RM
- Peak Power 30-80% 1RM
- Speed-Strength 30-60% 1RM
- Maximum Velocity <30% 1RM

**VELOcity (M/S)**

**Figure 1. The Force-Velocity Curve**
How to Set-up/Use the Force Plates

Set-up:
1. Remove black foam surrounds and disconnect from the power source.
2. Set plates on a flat, hard surface. *Take extra care with the interplate cable when moving platforms.*
3. Make sure the plates are stable, adjusting the feet if necessary.
4. Hold down the power button on the side of the left platform until the light turns on.
5. Replace black foam surrounds and align the plates together.
6. Set-up the tripod (bottom right drawer) near the force plates with an iPad.

Testing:
1. On the iPad, open up the “ForceDecks” app.
2. Click “Test” on the Main Menu and connect to the force plates.
3. To select a profile, click “choose a profile” and search the athlete’s name.
4. Select the test type (i.e. Countermovement Jump, Hop Test, etc.)
5. Press “start” to begin the test. *Make sure the force plates are clear when zeroing.*
6. When it says “weigh”, have the athlete step on the plates and stand still to weigh.
7. After weighing, instruct the athlete to perform the movement with the correct protocol.*
8. A live force trace will be displayed on the screen. Allow 2-3 seconds in between reps.
9. After the athlete has completed the movement, click “finish” to stop the recording.
10. Finally, click “upload” to upload the results directly to the VALD Hub.

Clean-up:
1. Hold down the power button until light turns off to shut down the force plates.
2. Slide the plates all the way back underneath the table.
3. Plug in the USB charging cord to the left platform by the power button.
4. Replace the black foam surrounds.

*See test protocols on next page
ForceDecks Test Protocol: Countermovement Jump

Starting Position:
1. Normal standing posture.
2. Hands on hips.
3. Chest up, looking straight forward.

Protocol:
1. Zero the plates. Make sure nothing is touching the plates during this step.
2. Have the athlete step on and assume the starting position to weigh the athlete.
3. When ready, instruct the athlete to perform the test:
   a. Keeping hands on hips;
   b. Dip down;
   c. Jump up as high as possible;
   d. Land softly;
   e. Stick and hold for 2-3 seconds. Repeat for 3 reps.
4. Complete the test by hitting “finish” and “upload”.

ForceDecks Test Protocol: 10-5 Hop Test

Starting Position:
1. Normal standing posture.
2. Hands on hips.
3. Chest up, looking straight forward.

Protocol:
1. Zero the plates. Make sure nothing is touching the plates during this step.
2. Have the athlete step on and assume the starting position to weigh the athlete.
3. When ready, instruct the athlete to perform the test:
   a. Keeping hands on hips;
   b. Dip down;
   c. Jump 10 consecutive times, aiming for both height and quickness off the ground.
   d. Safely keep the knees as straight as possible.
4. Complete the test by hitting “finish” and “upload”.

Bowling Green State University Sports Performance
BGSU Standard Power Rack Set-up

- Power bar set at bench height, just below notch 23.
- Clips on the end of the barbell.
- J hooks on outside of rack set just above notch 15.
  - If on jammer arms, place on lowest possible notch where the entire J hook fits on the jammer.
- Safety catches will be set just below notch 11.
- iPad holders will be placed on the left side of the rack at notch 27.
- Landmine set on bottom most peg hole facing away from platform on right side (when facing power rack).
- Small utility pads set on notch 4 from the bottom on the left side.
  - Small utility pads will go on racks that are on the stadium side of the room (excluding back quadrant of 4 racks).
- Large utility pads will be stored in the highest possible notch inside the power racks on the parking lot side of the room.
- Band pegs will be stored facing outside the rack, 3 notches from the highest notch.
- Ancore units will be placed on the first four (quadrant) of racks on the lowest setting, left side at the bottom, on the parking lot side racks.
  - Ancore handles on units (not Rogue handles).
- Plates:
  - Each rack storage unit should have:
    - One 2.5 each side
    - Two 5’s each side
    - Two 10’s each side
    - One 10lb bumper each side
    - One 25lb bumper each side
    - One 45lb steel plate (on inside of 45 storage peg) each side
    - Three 45lb bumper plates (on outside of 45 storage peg) each side
Weight Room Facility Cleaning

On the following two pages, you will find charts for the daily, weekly, monthly, and semester cleaning tasks. These routine cleaning procedures are put in place to maintain a high standard of cleanliness and protect our athletes and staff from potential health/safety risks. All cleaning supplies (i.e., disinfectant spray, vacuum, duster, rags, etc.) will be provided and stored in the office area. It is highly suggested that these tasks be completed at a time when no teams are training or at the end of the day.

**Daily Tasks:** These tasks are to be completed once per day (i.e., sanitization of benches, organization of weight plates at racks, etc.). Once the task is completed, check the box under the corresponding day.

**Weekly Tasks:** These tasks must be completed by Friday each week. Once the task is completed, check the box under the corresponding day.

**Monthly Tasks:** These tasks must be completed by the end of each month. Once the task is completed, check the box to the right of the task.

**Semester Tasks:** These tasks must be completed by the end of the semester. Once the task is completed, check the box to the right of the task.
## BGSU S&C Weight Room Cleaning Checklist

### Daily
- Sanitize bench pads
- Sanitize bike seats
- Sanitize Airex pads
- Sanitize hip press pads
- Sanitize lat pulldown pads
- Sanitize GHR pads
- Sanitize utility pads on racks
- Sanitize neck machine pads
- Organize spray bottles and towels at neck machines
- Organize plates and chains on each rack

### Weekly
- Tighten loose screws on Bike Arms (6mm or 1/4in Allen)
- Tighten loose PowerBlock Screws (DB ends: 5mm or 3/16in Allen, Weight Stack: 4mm or 9/64in Allen)
- Tighten plate behind Ancore Units with Allen wrench (3mm or 7/64in Allen)
- Vaccuum wall side of Stadium Racks
- Vaccuum open side of Stadium Racks
- Vaccuum wall side of Parking Lot Racks
- Vaccuum open side of Parking Lot Racks
- Vaccuum back of the room
- Vaccuum front of the room
- Vaccuum middle of the room
- Vaccuum around the bikes
- Vaccuum entrance ramp area
- Vaccuum Cardio Room
- Sanitize foam rollers
<table>
<thead>
<tr>
<th>BGSU S&amp;C Weight Room Cleaning Checklist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monthly</strong></td>
</tr>
<tr>
<td>Dust bottom of racks</td>
</tr>
<tr>
<td>Brush and grease barbells</td>
</tr>
<tr>
<td>Trim the resistance bands</td>
</tr>
<tr>
<td><strong>Semester</strong></td>
</tr>
<tr>
<td>Clean PerformX Band tracks on platforms</td>
</tr>
<tr>
<td>Dust top of racks</td>
</tr>
</tbody>
</table>
Nutrition Ordering & Inventory Process

One of our goals as a Sports Performance department is to ensure that our athletes are entering and/or leaving the weight room properly fueled. We make sure to carry products with optimal ingredients that are great sources of protein and/or carbohydrate for either before or after a training session.

Another one of the responsibilities of the interns is to take a biweekly inventory of each item in our nutrition station. The products are stored underneath the nutrition station so they can be easily accessible for restocking. Overflow of products will be stored upstairs. The intern will count each box of protein shakes, protein and energy bars, protein and electrolyte powders, and instant oatmeal and write that number in the chart that is shown on the next page. If the number of the item is less than the “threshold item number”, the intern should report that to the Head Sports Performance Coaches. This will indicate to the staff that an order of that product needs to be placed before the item runs out of stock.

The Director of Sports Performance handles all budgeting and ordering processes for our department. All of our nutrition ordering processes are made within our department’s allotted budget. We order all of our protein shakes and protein bars from Optimum Nutrition, Instant Oatmeal, KIND, and That’s It Bars from Falcon’s Purch and Amazon, and electrolyte powders directly from Drip Drop’s company website. Once an order is placed, the shipping company will provide us with an estimated delivery date and time to which we will receive, unload, and store away the products.
<table>
<thead>
<tr>
<th>Item</th>
<th>Threshold Item Number</th>
<th>Monday Count</th>
<th>Thursday Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optimum Chocolate Shakes</td>
<td>60 cases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Optimum Vanilla Shakes</td>
<td>60 cases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Think Bar Brownie</td>
<td>2 cases (large cases)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Think Bar PB</td>
<td>2 cases (large cases)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UCAN Powder Lemon</td>
<td>2 tubs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UCAN Powder Orange</td>
<td>2 tubs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UCAN Powder Cran Raz</td>
<td>2 tubs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drip Drop</td>
<td>3 bags</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bio Steel Black Protein Powder Tubs</td>
<td>6 tubs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bio Steel Red Protein Powder Tubs</td>
<td>6 tubs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bio Steel Green Protein Powder Tubs</td>
<td>6 tubs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIND Bars (assorted flavors)</td>
<td>x6 cases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Instant Oatmeals (assorted flavors)</td>
<td>x6 cases</td>
<td></td>
<td></td>
</tr>
<tr>
<td>That's It Bars (assorted flavors)</td>
<td>x6 boxes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Movement Screen

As a department, in partnership with Physical Therapy and Sports Medicine, we conduct an annual Functional Movement Screen (FMS) with all of our athletes at the start of the off-season. The FMS is a standardized movement screening tool that is used to identify movement pattern asymmetries and/or deficiencies.

The five tests that we utilize are the Overhead Squat, Active Straight Leg Raise (ASLR), Single-Leg Jump, Stability Push-up, and Stick Pointer. These five tests evaluate areas of torso stability, posterior chain and lower body flexibility, hip girdle strength, shoulder girdle strength, and unilateral lower body strength deficiencies. Baseline testing with the Force Plates will also be performed.

Once testing is complete, athletes’ scores will be added up to a total out of 25 points. After reviewing the scores, each athlete will be placed in one or more movement corrective groups. Additional corrective exercises will be added to the program once or twice a week to address the deficiency area(s) of each individual athlete. Corrective exercises will progress to more advanced movements every 4-6 weeks.
<table>
<thead>
<tr>
<th>Evaluation Areas</th>
<th>Tests</th>
<th>R / L</th>
<th>R / L</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>OH Squat</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>ASLR</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SL Jump</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stability Push Up</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stick Pointer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Torso Stability</td>
<td>neutral spine</td>
<td>Stable</td>
<td>spine, no</td>
</tr>
<tr>
<td>(no sacral rounding)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Torso \ Shin</td>
<td>*clearing ext test</td>
<td>compensatory shift</td>
<td>6</td>
</tr>
<tr>
<td>Posterior Chain</td>
<td>neutral spine,</td>
<td>Mobility</td>
<td>glute contraction,</td>
</tr>
<tr>
<td>parallel depth</td>
<td>beyond 90</td>
<td>(no valgus sign)</td>
<td>(maintain full hip)</td>
</tr>
<tr>
<td>Hip Girdle Strength</td>
<td>knee tracking</td>
<td>Psoas</td>
<td>knee tracking</td>
</tr>
<tr>
<td>(no valgus sign)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unilateral LB Strength</td>
<td>Assymetry</td>
<td>Assymetry</td>
<td>R \ L</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder Girdle</td>
<td>stabilize bar over COG</td>
<td>Scap</td>
<td>arm parallel to Compensation stick</td>
</tr>
<tr>
<td>Lower Body Flexibility</td>
<td>parallel depth, Mobility</td>
<td>heels flat</td>
<td>beyond 90</td>
</tr>
<tr>
<td></td>
<td>heels flat/elevated</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>toes straight</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total:** 25

**Injuries of Note:**

Dorsiflexion Measurement:

Shoulder IR/ER Measurement:
EXERCISE TECHNIQUES
**Back Squat Technique - Video**

Set-up:
- Set rack hooks so that the bar is at chest height.

Starting Position:
- Place BB on the middle of the traps with a close, comfortable grip.
- Unrack the BB and take two steps back.
- Feet shoulder width apart, toes pointed straight or slightly outwards.
- Set your core-brace the abdominals, retract the scapula and inhale.
- Elbows down and knuckles up.

Movement Execution:
- Initiate the eccentric portion by driving the hips back.
- Lower down until thighs are parallel to the ground.
- Drive hips back, knees out, heels flat, and chest up.
- Initiate the concentric portion by driving through the mid-foot, keeping chest up.

Safety & Spotting:
- Use three spotters – two on either side of the bar trailing just below the BB, and one spotter behind the squatter with arms at athletes sides just below the armpits, squatting down with the athlete in case the rep cannot be completed.
- If optimal range of motion cannot be executed with proper form or posture, reduce load.

Common Errors & Corrections:
- **Knee Valgus (Knees in)**
  - Emphasize driving knees out.
  - Use a mini-band around knees.
  - If problem persists, reduce the load.
- **Heels Raising**
  - Emphasize keeping heels flat.
  - If problem persists reduce the load.
- **Chest Dropping**
  - Emphasize keeping chest up with elbows tight underneath the bar.
Bench Press Technique - Video

Set-up:

➢ Set rack hooks just below the start position (arms extended).

Starting Position:

➢ 5 points of contact – two feet on floor, glutes, upper back, and head.
➢ BB directly above the eyes.
➢ Hands on the BB slightly wider than shoulder width apart.
➢ Place wrists directly over elbow and perpendicular to the floor.

Movement Execution:

➢ Initiate eccentric portion by lowering the BB, touching chest at nipple level.
➢ Think about squeezing the shoulder blades together and “bending the bar”.
➢ Initiate concentric portion by driving the BB up, returning to the start position.

Safety & Spotting Techniques:

➢ Use one spotter, placed directly behind the BB.
➢ Spotter will assist in unracking and reracking the BB.
➢ Use an alternating grip position (overhand, underhand).

Common Errors & Corrections:

➢ Failure to maintain 5 points of contact.
    o Emphasize replacing point of contact (feet, glutes, shoulders, head).
➢ Allowing elbows to flare out.
    o Emphasize keeping scapula retracted and elbows pulled in.
➢ Bouncing BB off chest.
    o Emphasize eccentric control.
**Barbell Clean Technique - Video**

Set-up:

- Barbell (BB) with bumper plates.

Starting Position:

- With BB on the floor, sink the hips down and grip the bar just outside the knees.
- Flex the hip, knee, and ankle. Shoulders should be directly over the bar.
- Set your core – brace the abdominals, retract the scapula, and inhale.
- Feet should be hip-width apart with the toes pointing straight forward.

Movement Execution:

- Initial Pull:
  - Push through the heels, extending the hips and knees while keeping the bar close.
  - Hips and shoulders rise at the same rate, keeping shoulders above the hips.
- Power Position:
  - BB rises to just above the knee. Athlete is flexed at the hip, knee, and ankle.
  - Chest covers the BB, shoulders in front, back flat, head neutral, eyes straight ahead.
- Triple Extension:
  - From the power position, explosively jump and shrug the shoulders, extending at the hip, knee, and ankle.
  - Bar travels vertically, keeping it close to the body with the elbows high and wide.
- Catch Position:
  - Throw elbows under the bar, catching the bar on the front of the shoulder.
  - Upper arm should be parallel to the floor, elbows straight ahead. Chest is up, flexed at the hip, knee, and ankle, feet shoulder-width apart.
  - With BB stable, athlete extends knees and returns feet to hip width.

Safety & Spotting:

- No spotters are needed. Keep the lifting area free of equipment and tripping hazards.

Common Errors & Corrections:

- BB traveling away from the body during triple extension.
  - Keep the bar close to the body and emphasize elbows high and wide.
- Initiating the triple extended period early.
  - Allow the BB to get above the knee before starting triple extension.
- Elbows too low in the front squat catch position.
  - Emphasize upper arm parallel to the floor and hips back in the catch position.
**Trap Bar Deadlift Technique - Video**

Set-up:
- Trap Bar with bumper plates.

Starting Position:
- Stand in the center of the trap bar with feet shoulder width apart, toes pointed straight.
- Sink the hips down and grip the bar in the middle of the handle.
- Set your core-brace the abdominals, retract the scapula and inhale.

Movement Execution:
- Initiate the concentric portion by driving through the mid-foot, keeping chest up.
- Extend through the hips and knees.
- Lower the bar back down to the floor, returning to the starting position.

Safety & Spotting:
- No spotters are needed. Keep the lifting area free of equipment and tripping hazards.

Common Errors & Corrections:
- Chest dropping.
  - Emphasize keeping the chest up.
- Lower back rounding.
  - Emphasize keeping the chest up, retracting scapula and bracing abdominals.