

Agility and Endurance Training for Student Athletes

April 4, 2014 (*Independence, IA*) – For the entire month of March, approximately 110 7-12th grade student athletes took part in Mustang Agilities. This agility and endurance training was held from 3:30 to 4:00 pm every Monday, Tuesday, Thursday and Friday at the Jr/Sr High School.

Football Coach Brandon Krusey points out that, “This program was done for two main reasons; to aid in the development of our athletes’ speed and quickness, and to bring all sports and grades together to show solidarity in our athletic department.”

The students worked at six stations on Mondays and Thursdays and a different six on Tuesdays and Fridays. All stations were based around improving explosive movements; whether that’s laterally or vertically. The groups of students were randomly counted off the first day; after that, any students that showed up were randomly placed into a group. The coaches made sure the groups were mixed with boys, girls, younger and older students in order to gain the comradery that this training was working towards.

“It is a really exciting time of the day. There is nothing better than being involved in a setting like our kids are creating with everyone working together for the same purpose. It’s a great time to be a Mustang!” said Krusey.

For more information on the agility and endurance training, please contact Coach Brandon Krusey, at bkrusey@independence.k12.ia.us or 319.334.7400.

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