

softball weight training program

Softball Weight Training Program: Building Strength and Agility for Peak Performance

softball weight training program is an essential component for athletes looking to elevate their game and compete at higher levels. Whether you're a beginner or an experienced player, incorporating a well-structured weight training regimen can significantly improve your power, speed, endurance, and injury resilience on the field. In this article, we'll explore how a specialized strength training program tailored for softball players can unlock your athletic potential and enhance your overall performance.

Why a Softball Weight Training Program Matters

Softball is a dynamic sport requiring bursts of explosive power, quick reflexes, and sustained endurance. Unlike general fitness routines, a softball-specific weight training program focuses on developing muscle groups critical to hitting, throwing, sprinting, and fielding. This targeted approach helps athletes generate more bat speed, throw with greater velocity, improve base running, and reduce the risk of common injuries such as shoulder strains and hamstring pulls.

By emphasizing functional strength and mobility, softball weight training also complements skill drills, making your practice sessions more effective. The right program will balance muscle development with flexibility, ensuring you maintain the agility needed to react swiftly during gameplay.

Key Components of an Effective Softball Weight Training Program

1. Strength Training for Power Development

Power is the backbone of many softball skills. To generate explosive bat speed and powerful throws, athletes need to build strength in the upper body, core, and lower body. Exercises such as squats, deadlifts, bench presses, and rows should be staples in your routine. These compound movements engage multiple muscle groups simultaneously and promote overall muscular strength.

Incorporate Olympic lifts like power cleans or kettlebell swings to train explosive power and improve fast-twitch muscle fiber recruitment. These lifts mimic the rapid, forceful movements present in softball, translating directly to better on-field performance.

2. Core Stability and Rotational Strength

Softball swings and throws involve a significant amount of rotational movement, making core strength vital. A strong core stabilizes your body during these motions and helps transfer power efficiently from your lower body through your torso to your arms.

Planks, Russian twists, medicine ball throws, and cable woodchoppers are excellent exercises to build rotational strength and endurance. Don't overlook anti-rotational exercises as well—these help maintain stability and prevent injuries by training your core to resist unwanted twisting forces.

3. Lower Body Conditioning for Speed and Agility

Your legs are the engine behind sprinting, base stealing, and fielding quick ground balls. Squats, lunges, step-ups, and plyometric drills like box jumps should be integrated into your program to enhance leg strength and explosive power.

Agility drills combined with weighted exercises improve your ability to change direction rapidly without losing speed. This is crucial for infielders and outfielders alike, who must react instantly to unpredictable plays.

Designing Your Softball Weight Training Program

Determining Training Frequency and Volume

For most softball players, training two to three times per week is optimal. This frequency allows sufficient recovery while maintaining consistent progress. Each session should last between 45 to 60 minutes, focusing on quality over quantity.

Begin with moderate weights and gradually increase intensity as your strength improves. Pay attention to proper form to prevent injuries and ensure the effectiveness of each exercise.

Periodization: Planning Your Training Around the Season

Periodization involves structuring your workouts to peak at the right time—usually during the competitive season. The offseason is ideal for building foundational strength and correcting imbalances, while preseason

training shifts toward explosive power and sport-specific conditioning. During the season, focus on maintaining strength and avoiding overtraining.

This cyclical approach maximizes gains and keeps you fresh for games, reducing the likelihood of burnout or injury.

Incorporating Mobility and Recovery Strategies

Flexibility and recovery are often overlooked but are vital to sustaining long-term progress. Dynamic warm-ups before workouts prepare your muscles for the demands of training. Post-workout stretching aids in muscle relaxation and injury prevention.

Foam rolling and myofascial release techniques can alleviate muscle tightness and enhance blood flow. Adequate sleep, hydration, and nutrition also play crucial roles in muscle recovery and performance enhancement.

Sample Softball Weight Training Workout

Below is a sample workout designed to target key muscle groups essential for softball players:

- **Warm-up:** 5-10 minutes dynamic stretches and light jogging
- **Squats:** 3 sets of 8 reps
- **Bench Press:** 3 sets of 8 reps
- **Medicine Ball Rotational Throws:** 3 sets of 10 reps per side
- **Deadlifts:** 3 sets of 6 reps
- **Plank Holds:** 3 sets of 30-45 seconds
- **Box Jumps:** 3 sets of 8 reps
- **Cool-down:** Stretching and foam rolling

This combination builds strength, power, and core stability, making it a balanced approach for softball athletes.

Common Mistakes to Avoid in Softball Weight Training

One of the biggest pitfalls is neglecting proper technique in favor of lifting heavier weights. Poor form can lead to injuries, particularly in sensitive areas like the shoulders and lower back. Always prioritize controlled, precise movements over ego-driven training.

Another mistake is ignoring the importance of rest days. Muscles need time to recover and grow stronger. Overloading your body without adequate recovery can cause fatigue and increase injury risk.

Lastly, avoid generic weight training programs that don't address the unique demands of softball. Tailoring your workouts to sport-specific movements and muscle groups yields better results and enhances your athleticism.

The Role of Nutrition in Supporting Your Weight Training Goals

Nutrition fuels your workouts and supports muscle repair. Consuming a balanced diet rich in lean proteins, complex carbohydrates, and healthy fats provides the energy and building blocks your body needs.

Protein intake is particularly important after training sessions to aid muscle recovery. Hydration also plays a critical role in maintaining performance and preventing cramps or fatigue.

For athletes serious about improving through weight training, consulting with a sports nutritionist can help optimize your diet to match your training intensity and goals.

Engaging in a softball weight training program is a game-changer for anyone looking to improve their skills and physical capabilities on the field. By focusing on functional strength, core stability, and explosive power, you enhance not only your athleticism but also your confidence during competition. Remember to listen to your body, progress gradually, and enjoy the journey of becoming a stronger, faster, and more resilient softball player.

Frequently Asked Questions

What are the key benefits of a weight training program for softball players?

A weight training program for softball players improves strength, power, speed, and injury prevention, enhancing overall athletic performance on the field.

How often should softball players engage in weight training during the season?

Softball players should typically engage in weight training 2-3 times per week during the season to maintain strength while allowing for adequate recovery and skill practice.

What types of exercises are most effective in a softball weight training program?

Effective exercises include compound movements like squats, deadlifts, bench presses, and Olympic lifts, as well as sport-specific drills targeting explosive power and rotational strength.

How can a weight training program improve pitching performance in softball?

Weight training enhances pitching performance by increasing arm and shoulder strength, core stability, and overall power, which contribute to faster pitch velocity and better control.

Is it important to include flexibility and mobility work in a softball weight training program?

Yes, incorporating flexibility and mobility exercises helps prevent injuries, improves range of motion, and supports proper technique during weight training and gameplay.

What role does periodization play in a softball weight training program?

Periodization involves structuring training into phases with varying intensity and volume, allowing players to peak at important times and reduce the risk of overtraining and injury.

Can weight training help softball players with injury prevention?

Absolutely, weight training strengthens muscles, tendons, and ligaments,

improving joint stability and reducing the risk of common softball injuries such as shoulder and knee problems.

Should youth softball players follow the same weight training program as adults?

Youth softball players should follow age-appropriate weight training programs focusing on technique, light resistance, and overall athletic development, rather than heavy lifting used by adult athletes.

Additional Resources

Softball Weight Training Program: Enhancing Performance Through Targeted Strength Development

softball weight training program has become an integral component for athletes aiming to boost their on-field performance while minimizing injury risk. As softball continues to evolve with increased competitiveness and athleticism, the demand for specialized strength training tailored to the sport's unique physical demands has grown significantly. This article explores the critical elements of an effective softball weight training program, emphasizing how strategic resistance training enhances power, speed, endurance, and overall gameplay.

Understanding the Role of Weight Training in Softball

Softball is a dynamic sport that requires quick bursts of explosive power, agility, and sustained stamina. Unlike traditional endurance sports, softball places a premium on short, high-intensity movements such as sprinting bases, explosive throwing, and powerful batting swings. A well-structured softball weight training program is designed to develop these specific attributes by focusing on muscle groups most engaged during play.

Weight training for softball athletes is not merely about adding muscle bulk; it's about functional strength that translates directly into improved performance metrics such as bat speed, throwing velocity, and sprint times. Studies have shown that players who engage in targeted resistance training can increase batting power by 10-15% and improve throwing speed by up to 8%, underscoring the tangible benefits of a tailored weightlifting regimen.

Core Components of an Effective Softball Weight

Training Program

A comprehensive softball weight training program incorporates exercises that build strength, power, and muscular endurance, with an emphasis on sport-specific movements. These components include:

- **Lower Body Strength:** Squats, lunges, and deadlifts develop the hips, glutes, and quadriceps, critical for explosive base running and maintaining stability during batting.
- **Upper Body Power:** Bench presses, rows, and shoulder presses enhance the chest, back, and shoulder muscles, directly supporting throwing velocity and swing mechanics.
- **Rotational Core Strength:** Medicine ball throws, cable rotations, and planks strengthen the core muscles that facilitate powerful torso rotation essential to batting and pitching.
- **Explosive Plyometrics:** Box jumps, jump squats, and bounding exercises improve neuromuscular coordination and fast-twitch muscle fiber recruitment for rapid movements on the field.

Periodization and Progression in Training

An effective softball weight training program incorporates periodization—a systematic variation of training intensity and volume to optimize performance and recovery. Typically segmented into off-season, pre-season, and in-season phases, the program adjusts exercises and loads to align with the competitive calendar.

- **Off-Season:** Focus on building foundational strength and correcting muscular imbalances with higher volume, moderate-intensity workouts.
- **Pre-Season:** Shift towards power development and sport-specific drills that mimic game scenarios, reducing volume but increasing intensity.
- **In-Season:** Emphasize maintenance of strength and injury prevention with lower volume and moderate intensity, allowing adequate recovery for competition.

This approach minimizes overtraining risks while maximizing gains in strength and power relevant to softball performance.

Comparing Weight Training Approaches for Softball Players

Not all weight training programs are created equal, especially when adapting to different player positions and skill levels. Pitchers, catchers, infielders, and outfielders have distinct physical requirements that must be addressed through customized training.

Position-Specific Training Considerations

- **Pitchers:** Require a weight training program that prioritizes shoulder stability and core rotational strength to withstand repetitive throwing stresses while maintaining velocity.
- **Catchers:** Need strong lower body endurance and explosive power for squatting, throwing, and quick lateral movements.
- **Infielders:** Benefit from enhanced agility and upper body strength for rapid throws and quick reactions.
- **Outfielders:** Emphasize sprinting speed and upper body power to cover ground and deliver strong throws to bases.

Adapting a softball weight training program to these positional needs yields more effective results than a one-size-fits-all regimen.

Traditional vs. Functional Training Modalities

Traditional weight training often focuses on isolated muscle groups using machines or free weights, which primarily build raw strength. Functional training, by contrast, emphasizes multi-joint movements that replicate sport-specific actions and improve coordination and balance.

Integrating both methods can be advantageous; traditional lifts like squats and deadlifts build foundational strength, while functional exercises such as kettlebell swings and resistance band drills enhance movement efficiency during gameplay.

Injury Prevention Through Weight Training

Injuries remain a significant concern in softball, especially overuse

injuries related to pitching and repetitive batting motions. A softball weight training program that incorporates balanced muscle development and flexibility exercises can mitigate such risks.

Strengthening the rotator cuff, scapular stabilizers, and core muscles is critical to protecting the shoulder complex—a common site of injury among softball players. Additionally, weight training that enhances hip and knee stability helps prevent lower extremity injuries, which can sideline athletes for extended periods.

Monitoring Load and Recovery

Excessive training loads without sufficient recovery increase injury risk. Therefore, monitoring workout intensities and athlete feedback is essential. Utilizing periodization and integrating active recovery days within the softball weight training program supports sustained athletic performance and long-term health.

Technological Advances and Data-Driven Softball Weight Training

Recent advancements in sports science have introduced tools such as wearable sensors and motion capture systems that allow coaches and athletes to quantify the effectiveness of weight training programs. Measuring variables like muscle activation patterns, bat speed, and throwing mechanics helps refine training protocols.

Such data-driven approaches enable personalized adjustments, optimizing strength gains and reducing injury risks, thereby elevating the standard of softball weight training programs.

Softball athletes who commit to a structured, evidence-based weight training program stand to gain not only in physical capacity but also in confidence and competitive edge. By prioritizing functional strength, position-specific adaptations, and injury prevention strategies, these programs cultivate well-rounded athletes prepared to excel on and off the field.

Softball Weight Training Program

Find other PDF articles:

<https://lxc.avoicemen.com/archive-top3-16/Book?ID=LJD73-1373&title=intracranial-hemorrhage-nutrition-therapy.pdf>

softball weight training program: The Ultimate Guide to Weight Training for Softball (Enhanced Edition) Robert G. Price, 2008

softball weight training program: The Ultimate Guide to Weight Training for Baseball & Softball (Enhanced Edition) ,

softball weight training program: The Ultimate Guide to Weight Training for Baseball and Softball Robert G. Price, 2003-01-01

softball weight training program: The Ultimate Softball Workout Program Chad M. McKinley, 2017-03-09 A YEAR LONG and YEAR ROUND PROGRAM designed specifically for Softball players by the Coach and Trainer who has been training Soldiers, Athletes, Models and Performers for over two decades. I have been Personal Training and Coaching since the late 1980's....When I got my first job as a teenager at the infamous George Turners Gym (Maker of Bodybuilding champions in those days). I have served twice in the United States Army (Aviation) , where I was a Master Fitness and in charge of fitness programs battalion wide. During this time period is where MAC-P fighting systems were formed and put to practice. I am a level 3. I went to college in Oregon and Arizona, where I majored in Law and Finance. I have also spent two decades working in and around finance and Real Estate Development. I currently also managed my own real estate based Hedge Fund. For the past 12 years I have focused on being the Agent, Coach and the trainer of Models, Performers and athletes. In particular, Fitness Models and physique competitors, Cheerleaders and Pro-MMA Fighters. Over the past decade, I have worked in some of the most famous gyms in the world for their prospective sport....Training next to and sparring with some of the biggest Icons of our day. I specialize in getting clients Performance/Competition Ready. www.gymmba.info

softball weight training program: *The Unstoppable Softball Player* Joseph Correa (Professional Athlete and Coach), 2016-01-24 The Unstoppable Softball Player: The Workout Program That Uses Cross Fit Training and Improved Nutrition to Boost Your Softball Potential This book will help you develop faster and stronger muscles in a short period of time. Three different intensity levels are provided in the form of calendars: NORMAL, ALTERNATE NORMAL, and LIGHT. Each one has a varied difficulty level so that you can start with one plan and then decide if it's too hard or too easy and move to one of the other versions of this cross fit training program. This book will help you to have: - Accelerated muscle growth - Enhanced strength, mobility, and muscle reaction. - Increased capacity to train for long periods of time - Faster increase of lean muscle mass - Reduced muscle fatigue - Quicker recovery times after competing or training - More energy throughout the day - More confidence in yourself and what you are trying to achieve - A better attitude towards exercise and nutrition This cross fit program includes several meal plans in the form of recipes specific to each meal of the day but you can adapt them to your particular situation. They are all high in protein and easy to prepare so that you can see fast results in the least amount of time. This training program comes with a warm up routine and exercise program. Make sure you complete the warm up exercises to prevent injuries and be able to continue the training program without interruptions

softball weight training program: The Ultimate Guide to Weight Training for Softball Robert G. Price, 2006-04-01 The Ultimate Guide to Weight Training for Softball is the most comprehensive and up-to-date softball-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round softball-specific weight-training programs guaranteed to improve your performance and get you results . No other softball book to date has been so well designed, so easy to use, and so committed to weight training . This book will have players increasing arm strength, bat speed, and overall quickness and power on the diamond, leading to an increase in batting average, on-base percentage, steals, and overall performance. You will build the strength and power needed to hit the ball out of the park and you will build the stamina and endurance needed to go strong until the final pitch. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From

recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

softball weight training program: Periodization of Strength Training for Sports Tudor O. Bompa, Carlo Buzzichelli, 2021 Periodization of Strength Training for Sports demonstrates how to use periodized workouts to peak at optimal times by manipulating strength training variables through six training phases--anatomical adaptation, hypertrophy, maximum strength, conversion to specific strength, maintenance, and peaking.

softball weight training program: Designing Resistance Training Programs, 4E Fleck, Steven J., Kraemer, William, 2014-02-14 In this text, two of the world's leading experts on strength training explore how to design scientifically based resistance training programs, modify and adapt programs to meet the needs of special populations, and apply the elements of program design in the real world.

softball weight training program: *Effectiveness of a Progressive Resistance Training Program on Work Productivity and Muscular Strength Among Adult Males with Mental Retardation* Lorenzo Parker, 2001

softball weight training program: Strength Training for Women Lori Incledon, 2005 'Strength Training for Women' provides you with information tailored to the way your body works and responds to training, and the specific tools you need to reach your goals.

softball weight training program: Physical Fitness Research Digest , 1978

softball weight training program: The Effect of a Weight Training Program on the Softball Throw for Distance Lorraine G. Moe, 1967

softball weight training program: Weight Training for the Young Athlete Frederick C II Hatfield, M.S., Frederick C. Hatfield, 1982-08

softball weight training program: Fat-Burning Machine Mike Berland, Gale Bernhardt, 2015-12-29 Despite being highly active, Mike Berland struggled with his weight for nearly 30 years - gaining one to two pounds each year, steadily growing from 192 to 236 pounds. He was losing hope until he met nutrition specialist Dr Laura Lefkowitz. She taught him about his condition: metabolic syndrome, an energy utilisation and storage disorder that is affecting Westerners at an alarming rate. Berland also worked with Gale Bernhardt, an elite Olympic triathlon coach. Together, they have unlocked the secrets to handling metabolic syndrome and burning fat.

softball weight training program: *Pediatric Primary Care - E-Book* Catherine E. Burns, Ardys M. Dunn, Margaret A. Brady, Nancy Barber Starr, Catherine G. Blosser, 2012-02-14 Covering the full spectrum of health conditions seen in the primary care of children, *Pediatric Primary Care*, 5th Edition emphasizes both prevention and management from the unique perspective of the Nurse Practitioner. Written by an expert editor/contributor team, it provides in-depth, evidence-based guidance for assessing and managing health problems in children from infancy through adolescence. Other key topics include developmental theory, the health status of children today, issues of daily living, and cultural considerations. Four-part organization includes an introductory unit, plus units on child development, the health management of children, and diseases and disorders common to childhood. UNIQUE! Functional health patterns framework in Unit Three provides a lens for discussing health promotion through the various components of healthy living. UNIQUE! ICD framework in Unit Four addresses the classification used to code diseases in both hospital and outpatient settings. UNIQUE! Practice management chapter provides need-to-know information on managing a private healthcare practice, including issues of productivity, compliance with applicable laws, quality-of-care indicators, and successful business practices. UNIQUE! Environmental health chapter offers evidence-based content on the effects of environmental toxicants, such as tobacco smoke, heavy metals, and air pollutants. An 8-page color insert presents over 40 photos that visually demonstrate key assessment findings for ear, skin, and other conditions. NEW! Pediatric Pain Management chapter addresses the increased recognition of pain as the fifth vital sign with expanded coverage of acute and chronic pain management in children. Extensively revised and updated genetics chapter presents a new paradigm for addressing genetic considerations in clinical

practice, including an introduction to epigenetics. Increased emphasis on health disparities explores the growing health disparities among children in the U.S and worldwide and provides strategies to help patients and parents gain accessibility to health care resources. NEW! Content on implementing a medical home explores the trend toward family-centered coordinated health care and fosters appropriate treatment for children with chronic disease. NEW! Updated coverage takes a more global approach, exploring the health status of children outside the U.S. Expanded imaging content offers valuable guidance on using various imaging modalities, including how to prepare the child for diagnostics.

softball weight training program: *Private Secondary Schools* Peterson's, 2011-05-01

Peterson's Private Secondary Schools is everything parents need to find the right private secondary school for their child. This valuable resource allows students and parents to compare and select from more than 1,500 schools in the U.S. and Canada, and around the world. Schools featured include independent day schools, special needs schools, and boarding schools (including junior boarding schools for middle-school students). Helpful information listed for each of these schools include: school's area of specialization, setting, affiliation, accreditation, tuition, financial aid, student body, faculty, academic programs, social life, admission information, contacts, and more. Also includes helpful articles on the merits of private education, planning a successful school search, searching for private schools online, finding the perfect match, paying for a private education, tips for taking the necessary standardized tests, semester programs and understanding the private schools' admission application form and process.

softball weight training program: *Stronger Legs & Lower Body* Tim Bishop, 2011-11-15

Take your lower-body workout to new levels with Stronger Legs & Lower Body. Tim Bishop, one of the world's leading strength and conditioning experts, brings you the most effective exercises and programs for increasing strength, size, power, and definition. Focusing on all lower-body muscle groups, especially those previously neglected by popular workouts, Stronger Legs & Lower Body features more than 90 exercises for both serious lifters and athletes, including detailed instructions for perfecting your technique and advanced variations to help you break through plateaus. With 15 unique programs and ready-to-use workouts, detailed anatomical illustrations, exercise explanations and variations, and the latest advanced training methods, Stronger Legs & Lower Body is the comprehensive, hard-core guide you need in order to achieve the ultimate results!

softball weight training program: *Private Secondary Schools: Traditional Day and Boarding Schools* Peterson's, 2011-05-01 Peterson's Private Secondary Schools: Traditional Day and Boarding Schools is everything parents need to find the right day or boarding private secondary school for their child. Readers will find hundreds of school profiles plus links to informative two-page in-depth descriptions written by some of the schools. Helpful information includes the school's area of specialization, setting, affiliation, accreditation, subjects offered, special academic programs, tuition, financial aid, student profile, faculty, academic programs, student life, admission information, contacts, and much more.

softball weight training program: *I Will Get Fit This Time! Workout Journal* Alex A.

Lluch, 2007-12 Maximize your workout with this fitness guide and daily journal! This book is an essential companion for anyone about to embark on a new exercise program. Or for any sports/fitness enthusiasts who want to improve or maintain their physical fitness. The book is designed to work with all personal training, sports conditioning or weight loss programs!

softball weight training program: *Applied Exercise and Sport Physiology, With Labs*

Terry J. Housh, Dona J. Housh, Herbert A. deVries, 2017-04-04 Applied Exercise & Sport Physiology, Fourth Edition, presents theory and application in an appealing, balanced, and manageable format. By providing an essential introduction to the systems of the human body and covering important aspects of exercise and sport physiology, it will be a useful resource for students as they learn to become exercise science professionals, physician's assistants, physical therapists, physical educators, or coaches. It provides the right amount of practical information they will need to apply in hospitals, clinics, schools, and settings such as health clubs, youth sport leagues, and similar

environments. The authors have carefully designed the material to be covered easily in one semester, in an introductory course, but the book can also serve as a foundation for advanced courses. Its 18 lab experiences are matched to relevant chapters and complement the topics covered; they allow readers to apply physiological principles to exercise and sport, provide opportunities for hands-on learning and application of the scientific principles, and often don't require complex equipment.

Related to softball weight training program

www.softballinhawaii.com
www.softballinhawaii.com
www.softballinhawaii.com
www.softballinhawaii.com
www.softballinhawaii.com
www.softballinhawaii.com
www.softballinhawaii.com

Related to softball weight training program

The Cowgirls possess something not even the biggest softball programs have. A softball-only strength coach (Tulsa World2y) STILLWATER — Chance Marek might be the most important piece on Oklahoma State's softball coaching staff. But you wouldn't know it. Marek, OSU's strength and conditioning coach since 2021, isn't widely

The Cowgirls possess something not even the biggest softball programs have. A softball-only strength coach (Tulsa World2y) STILLWATER — Chance Marek might be the most important piece on Oklahoma State's softball coaching staff. But you wouldn't know it. Marek, OSU's strength and conditioning coach since 2021, isn't widely

Former U of M softball player creates training facility in Savage to help athletes play at next level (CBS News8mon) SAVAGE, Minn. — Softball is skyrocketing in popularity across the U.S. right now, and along with that, the dreams of young players hoping to play in college. According to the NCAA, the number of

Former U of M softball player creates training facility in Savage to help athletes play at next level (CBS News8mon) SAVAGE, Minn. — Softball is skyrocketing in popularity across the U.S. right now, and along with that, the dreams of young players hoping to play in college. According to the NCAA, the number of

Stags weight training program available for all athletes (Post and Courier13y) For the longest time the Berkeley Stags weight room was more or less a football-only enterprise, right down to the golden helmet decals adorning the weight racks. BHS Athletic Director Jeff Cruce

Stags weight training program available for all athletes (Post and Courier13y) For the longest time the Berkeley Stags weight room was more or less a football-only enterprise, right down to the golden helmet decals adorning the weight racks. BHS Athletic Director Jeff Cruce

Back to Home: <https://lxc.avoiceformen.com>