



Dryden Central Schools

Athletic Office



August 17, 2016

Dear Varsity Athletes and Parents,

I am pleased to write to you about a great opportunity we are offering to our Varsity athletes this year as a one year pilot graciously funded by the Dryden Sports Boosters. This year we have contracted with Iron Mind Performance and Fitness in Dryden to act as a strength and conditioning consultant to our Varsity teams.

Iron Mind, led by owner Aaron Newman, has been working with a few of our teams through individual team contracts over the past few years with exceptional results. Non-contact injuries on those teams have been non-existent, late season fatigue has been reduced, and coaches have had great things to say about the improved performance of the athletes. Further, the self-esteem and confidence of the kids has also shown improvement.

Given the success we've seen for a few teams, my desire was to try to expand the benefits to more of our program. Mr. Newman and myself worked on a way to scale the service up to the entire Varsity level and the Dryden Sports Boosters agreed to fund this one year pilot. To have this full scale of a service at a school our size is not very common, so I'm incredibly excited that we were able to make this work. While I obviously anticipate this program improving the success of our teams, I am most excited to "give back" to our athletes through helping them avoid injuries and possibly make adjustments that will help their long term health and fitness.

Services Iron Mind will provide through this pilot program:

- Each Varsity-level athlete during the 2016-17 school year will have a functional movement screen performed by Iron Mind
 - This screen will assess the strength and form of each athlete's body and movements in key areas to alert us to areas for growth to reduce injuries and improve performance
 - For multi-sport athletes, this will occur once during the first season of the year that they are active
 - Screens will typically be scheduled around a practice, whether before, during, or after, though there may need to be some flexibility
- Data from the screens will be communicated to the athlete
- Mr. Newman will design sport-specific workout plans for each Varsity team and meet with coaches to explain the workouts and the results of the screens
- Mr. Newman will lead two workouts with each Varsity team during their season to show how to implement the exercises he is prescribing with the hope being that the athletes and the coaches are then equipped to carry on that work the rest of the season
 - Note: This is the key place where this service differs from when Iron Mind contracted with individual teams...in those cases, he would typically work with the team a few times per week for the entire season. To make this pilot affordable, we scaled down to this. A couple teams are continuing their individual contracts with Iron Mind, paying more through their own fundraising, but also receiving more in terms of the service.
- Mr. Newman will have a once per season clinic that offers a workout for athletes who showed a specific muscle and/or movement deficiency in the screens (will be selected based on needs identified).
- Late in the school year, a portion of Varsity athletes will be re-screened to assess how their strength and form has grown through the year (some of the goal of this part is to assess the effectiveness of the program)

In summary, we are very fortunate to have this opportunity and I wish to publically thank Mr. Newman and the Dryden Sports Boosters for their help in making this affordable and workable. If there are any questions, feel free to reach out to me. Also, if an athlete does not want to participate in the screening, they do not have to (though obviously the team workouts will be part of the practices, so he/she would participate in that portion).

Regards,

Bryan D. Ford

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