

Ralston High School Fitness & Wellness Program

The Ralston High School fitness & wellness program works to create strong, fit, and explosive athletes while maintaining or improving the student's quality of movement and reducing time lost due to injury. The strength and conditioning program also mirrors the Ralston Public School's vision of cultivating resilient citizens prepared for the diverse demands of the future. The program is all students grades 5-12.

Ram Combine: As part of the Fitness & Wellness plan all of the athletes will be tested four times each year. The combine will take place once a year before our summer conditioning program. Each athlete will be tested in the 40 yard dash, shuttle run, pacer, vertical jump, broad jump, bench press, squat, & clean. Additional information collected will be height, weight, and body fat. Information collected will be stored in a database that coaches, parents, & athletes can privately view.

Times & Dates: Monday, May 22th - 1:00pm for measurables - main gym
- 4:00pm for combine - football field

Ram Summer Fitness & Wellness Program: Our summer program will consist of two phases. Each athlete will have a weight workout and conditioning workout. Workouts could take 1.5 hours for the conditioning and for weights. **There are 52 workout days in our program. Our program goal is to have everyone attend 45 days.** As part of the wellness plan, meals will be provided for the athletes as they leave the weight room.

Program Dates

May 22nd – August 7th

Days of the Week – M/T/W/Th/F

Time: 6:30 – 10:30 am

(4th-8th grade Students 9:30-10:30 am time slot works best)

NO WORKOUTS ON May 29th, JULY 4TH, AND JULY 5TH

***please plan trips/vacations during this time.**

Free Breakfast is served from 7:30 - 9:00 am

Cost: Free to Ralston Athletes

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