

Program Information Guide



The Director of Strength and Development

Cody Cardillo, MS, CSCS

Holding a bachelor's in athletic training and a master's degree in Exercise Science, Cody brings years of experience as an athlete and collegiate strength and conditioning professional. Cody's athletic career began as a kid, where he played a multitude of sports including football, baseball, track and field, and cross-country. As a senior in high school, Cody committed to Aurora University to continue his athletic career as a baseball player and pursue his dream of being a strength and conditioning coach. After completing his bachelor's degree, Cody chose to further his education in an accelerated master's program that jumpstarted his professional career. Cody has experience coaching 20 NCAA Division III male and female varsity athletic teams as well as completed a combined 1300 internship hours at Wheaton College, Aurora University, Advocate Physical Therapy, East Aurora High School, West Aurora High School, Aurora Christian Schools, and Yorkville High School.



Mission Statement

"The Mission of M14 Strength and Development is to optimize the athletic potential of our athletes with an ultimate goal of enhancing their capabilities to perform at the highest level on the court"

100%

of players show improvements in at least 1 test score within 6 weeks of training!

95%

of players improve or maintain at least of 2 testing scores per SSAP season!

85%

of players improve vertical jump height in a single SSAP season!

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M14Strength Philosophy

Philosophy

The philosophy at M14Strength is Long-Term Athletic Development (LTAD). Due to unique physical, psychological, and social differences in the youth population, it is critical for children and adolescents to partake in programs appropriate to their capabilities. Furthermore, the emphasis of the prescribed programs are to prevent injury and enhance fitness behaviors that can be retained later in life.

Strength • Speed • Agility • Power

Strength

For any athlete, strength is going to be the foundation. Performance attributes such as speed, agility, and power rely heavily on strength. Therefore, our programs target major muscle groups all throughout the body that are scientifically proven to improve basketball performance.

Speed

Faster is better, period. Our programs are designed to build speed through the strengthening of specific muscle groups and the education of proper acceleration and sprinting mechanics. Also, hip and leg mobility are key components of building speed and a focal point within our warm-ups and recovery.

Agility

This is the most common movement pattern in basketball. Through strength work, improved footwork, and proper deceleration mechanics, our athletes become more agile. More importantly, we apply our improvements to real basketball scenarios where athletes are required to react to an external stimulus rather than a pre-set movement pattern.

Power

Power is the ultimate balance of speed and strength. Often times, power needs to be taught rather than built because it's not in everyone's nature to be explosive. Through improvements in strength and proper instruction of power-based movements, our athletes see significant improvements in explosive movements such as the vertical jump.

Injury Reduction • Recovery • Nutrition • Mobility

Injury Reduction

Athletes are continuously at risk for injury. As they get older, the game only speeds up and becomes more demanding which can lead to more significant injuries more often. Studies show that 42% of injuries that occur in children and adolescents happen at the knee (16%) and ankle (26%). Additionally, studies show that females are at a 5% increased risk for injury to the knee and ankle. For this reason, a primary component of our programs are the inclusion of injury reduction techniques!

Mental and Physical Recovery

What does it take to be great? For many, this means countless hours on the court, in the gym, and in the film room. What is often overlooked and undervalued is the amount of time spent prepping the body and mind to compete at the highest level. This can include simply getting the right amount of sleep. Another way is through different variations of recovery in the weight room or at home. Our programs implement techniques such as “Progressive Muscle Relaxation” which gives our athletes the opportunity to perform at their best.

Nutritional Guidance

What an athlete puts into their body matters. Imagine if someone put water in the car instead of oil. It wouldn't work. Imagine if someone put the wrong oil in the car. It might run, but not the way it's supposed to. No matter how nice of a car someone has, it won't run efficiently if it's not appropriately taken care of.

Therefore, it is critical that our athletes understand the importance of nutrition.

Nutritional guidance such as recommended levels of protein intake are consistent topics of discussion within our classes!

Mobility Training

In order to optimize strength, speed, agility, or power, our athletes have to be able to effectively move. As they build strength throughout their body, their muscles begin to tighten. As their muscles tighten, they can begin to lose their range of motion which can lead to decreased performance. It is for that reason that our programs include dynamic movements patterns that will enhance mobility in key spots. At various points throughout the program, our athletes are introduced to beginner yoga techniques that are proven to improve performance.

SSAP 1 • SSAP 2 • SSAP 3 Breakdown

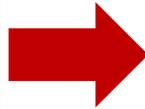
SSAP Breakdown

Our workout programs are specifically tailored to the goals and needs of our athletes based on their age and gender. Below is the breakdown of each SSAP program and what the ultimate goal is. Some of our classes throughout the year will contain 2 or more SSAP programs in the same session. *Please know that these groups are separated and complete their own workout program.*

SSAP 1

SSAP 1 is going to consist of the following age groups:

- 4th, 5th, & 6th Grade Boys
- 4th, 5th, & 6th Grade Girls



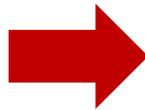
Goals

- **FUN**damentals
- Running and Jumping Technique, Balance, & Hand Eye Coordination
- Core and Postural Exercises
- Resistance Bands and Medicine Balls

SSAP 2

SSAP 2 is going to consist of the following age groups:

- 7th and 8th Grade Girls
- 7th and 8th Grade Boys



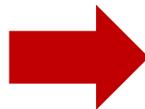
Goals

- Bodyweight Movements
- Acceleration & Deceleration Techniques
- Plyometrics & Reaction Drills
- Resistance Bands, Medicine Balls, & Introduction to Weights

SSAP 3

SSAP 3 is going to consist of the following age groups:

- 9th, 10th, 11th, & 12th Grade Boys
- 9th, 10th, 11th, & 12th Grade Girls



Goals

- Advanced Bodyweight Movements
- Advanced Plyometrics
- Basketball Specific Training
- College Preparation & Introduction to Olympic Movements for 11th and 12th Grade Boys and Girls

Evaluation Overview

Why do we evaluate?

The purpose of evaluating our athletes is to provide valuable insight into performance capabilities and aid in the talent identification process. We also assess if our players are at an increased risk of injury with physical activity. At the beginning and end of each season, our athletes go through a series of tests that are specific to their age and gender. Our objective is to see a steady line of improvement from season to season.

What if my player doesn't pass the evaluation?

If your player does not score well during the evaluation, the next step would be scheduling a 30-minute review with the director of strength and development. During this meeting, the focal point would be reviewing the results of the evaluation and how to proceed moving forward. The recommendation for all athletes at this time will be to schedule privates with Coach Cody until your player passes the evaluation. It is critical to the growth of your athlete to have one-on-one attention prior to entering our SSAP program. The number of privates it will take to reach that point can vary from player to player.

How do we evaluate?

Players are evaluated at placement day. If your athlete plays for an M-XIV team, they automatically are accepted into the program. All fees still apply.



Performance Test Descriptions

Once players are accepted into the program, they will go through additional performance testing to measure their improvements from beginning to end of each season. Testing protocols can vary from season to season depending on phase of the macrocycle (Annual Training Plan).

Standing Vertical Jump

This test measures jump height from a stationary position. It is highly correlated to basketball movements such as jumping for a rebound or to defend a shot.

3/4th Court Sprint

This test measures acceleration and speed. It is highly correlated to basketball because players are required to perform multiple sprints throughout a game.

Running Vertical Jump

This test measures jump height from a running start. It is highly correlated to basketball movements such as finishing a fast break or layup. It also has shown to be predictive of basketball talent level.

T-Test

This test measures change of direction capabilities. It includes sprinting, back pedaling, and side shuffling. It is highly correlated to basketball movements such as changing directions and juking.

Shuttle “Beep” Test

This test measures aerobic fitness level. Studies show athletes 14-18 years old need more aerobic/endurance work than college or pro athletes, who are more physically mature.

Lane Agility Test

This test measures change of direction capabilities. It includes sprinting, back pedaling, and side shuffling. It is highly correlated to basketball movements such as changing directions and cutting.

Broad Jump

This test measures aerobic fitness level. Studies show athletes 14-18 years old need more aerobic/endurance work than college or pro athletes, who are more physically mature.

When to Expect Results

Results Take Time

Just like basketball or any other sport, it takes hard work to be an elite athlete. It requires discipline, dedication, and a lot of time. Building athleticism in the weight room is no different. When you sign your player up for a SSAP program, **the goal should be a long-term commitment.** For every moment spent on the court, your player should be spending a moment taking care of their body. It creates more opportunities for growth, quicker development, and an increased likelihood of success.

Should I expect my player to improve their test results every season?

Yes! All of our players should see improvements on a season-to-season basis. However, these improvements do not always show through testing scores. Performance testing is challenging. It is not much different than a championship game. Many will have good games and a few will have great games. For a few though, they may not play so well.

Fortunately, not playing so well isn't correlated to how talented an athlete is. It's correlated to preparation and readiness to play in a big moment. Factors such as their nutrition, hydration, fatigue, soreness, external stressors, effort, and focus can all influence how an athlete performs. All our athletes are given the opportunity to improve during the season. It is those who work hard and prepare their body for success on a daily basis that see the most significant improvement in performance testing scores!



Structure • Schedule • Cost

Spring Season

Class Structure

- 12 Week Program (24 Sessions)
- 60 Minute Sessions (2 Per Week)
- 10:1 Player to Coach Ratio
- 4th – 12th Grade Boys and Girls

Team SSAP

- For M-XIV Team Players Only!
- Players train before or after practice
- Workouts are scheduled either:
 - Monday & Wednesday
 - Tuesday & Thursday

Training SSAP

- For ALL non-M-XIV team players
- Workouts are scheduled:
 - Friday and Sunday Evening

Summer Season

Class Structure

- 6 Week Program (12 Sessions)
- 60 Minute Sessions (2 Per Week)
- 10:1 Player to Coach Ratio
- 4th – 12th Grade Boys and Girls

How It Works

In the summer, we understand that players are busy with summer basketball and family events. For this reason, we offer a flexible class structure that allows for parents to select the times and days they would like their player to attend workouts each week. This is a great time to also look into our private packages!



Structure • Schedule • Cost

Fall Season

Class Structure

- 12 Week Program (24 Sessions)
- 60 Minute Sessions (2 Per Week)
- 10:1 Player to Coach Ratio
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SSAP Schedule

- For ALL players
- 4th – High School Boys and Girls

Winter Season

Class Structure

- 12 Week Program (24 Sessions)
- 60 Minute Sessions
- 2 Sessions per Week
- 10:1 Player to Coach Ratio

Team SSAP Schedule

- For M-XIV Team Players Only!
- 4th-8th Grade Boys and Girls Only
- Players train before or after practice
- Workouts are scheduled either:
 - Monday & Wednesday
 - Tuesday & Thursday

Training SSAP Schedule

- For ALL non-M-XIV team players
- Workouts are scheduled:
 - Friday and Sunday Evening
- Weekly maintenance & recovery sessions offered for high school athletes



Camps and Clinics

Overview

Every year we offer multiple camps and clinics that are a great way for new players to give us a try and returning players to build on their athletic development. These sessions provide great learning opportunities and plenty of repetitions in a fun and positive learning environment!

What you Need to Know

- Camps are 4 consecutive days
- Clinics are 1 day
- Camps and Clinics run from 12:30-1:30pm (1 hour session)
- 10:1 Player to Coach Ratio
- Players do not need to be evaluated to participate
- Open to any and all boys and girls, 3rd-8th grade
- Groups are divided by grade level, gender, and or ability
- Early registration is required- we do anticipate selling out!
- We do NOT allow sign-ups at the door
- Age appropriate programming

Camp and Clinic Options

MLK Speed & Agility Clinic
President's Day Speed & Agility Clinic
Spring Break Performance Camp
Memorial Day Speed & Agility Clinic
Summer Speed and Agility Camps
Summer Performance Camps
Summer Explosive Camps
Labor Day Speed & Agility Clinic
Winter Break Performance Camp



Where can I get more info?

*See website for specific dates or email
Coach Cody at ccardillo@m14hoops.com
for more information on camps and clinics.*

Camps and Clinic Descriptions

Speed and Agility Clinics

During these clinics, attendees will learn and work to improve footwork, sprinting form, and acceleration and deceleration mechanics. Improvements in speed and agility can occur in as little as an hour when the focusing on proper movement patterns and coordination.

Speed and Agility Camps

During these camps, attendees will learn and work to improve sprint form, acceleration and deceleration mechanics, footwork, and strengthen muscles associated with sprinting and change of direction abilities. Speed and agility are one of the fundamental qualities of basketball and often regarded as one of the most important athletic abilities in almost all of sports.

Performance Camps

During these camps, attendees will learn and work to improve the 4 fundamental qualities of a basketball player which are strength, speed, agility, and power. Our athletes will cover a day of speed, a day of agility, and a day of power. Within each session, players will strengthen muscles associated with the goal that day. On the 4th day, all of our attendees will have an opportunity to put their skills to the test. They will be tested on their speed, agility, and power and get to go home with the results!

Explosive Camps

During these camps, attendees will learn and work to improve jumping and landing mechanics, vertical and horizontal power, and strengthen muscles associated with explosiveness. Power is one of the fundamental qualities of basketball and has a direct correlation to future success of basketball players.

