

Hello Hilltoppers,

You made it, the final week is here. Finish strong and continue to take care of yourself. Below is the final email for the school year. It was good to hear from you this last quarter, even though we couldn't be in the same building. Along with the weekly goals, workouts, and competitions, there is information about summer opportunities through Hilltopper Strength & Conditioning. While we will not be able to get together in our traditional format at school until at least July, there are opportunities to be involved with and ability to train together even while apart. We encourage you to register and take part in virtual opportunities and then resume our normal training when possible. Register ASAP to workout with us over the summer. We look forward to seeing you soon. If we don't see you until fall, stay in contact and have a great summer!

Coach D and Coach K

### **Class of 2020**

Seniors, it was great to work with you over the past four years and see the growth made physically and in so many other ways. Be proud of all you accomplished. We wish you the best in all your future endeavors. As always, you are welcome to join the summer workouts. If the summer workouts are not possible, be sure to stop in to say hi or visit next fall. Good luck and keep in touch.

### **Summer Opportunities**

There will be opportunities to train this summer with Hilltopper Strength & Conditioning. Attached is information and registration form. You may register online using a link from the school website (<https://www.muhs.edu/athletics/sport-camps-current-students/summer-athletic-workout-sessions>). Pay attention to your emails, additional information will be sent out to those registered as the start date approaches.

### **Weekly Workouts**

Attached is the strength workout and bodyweight workout for Week 9. You can find a video description of the body weight workout on the Hilltopper Strength & Conditioning Facebook page or other social media sites (links below). If you are unsure of how to do something or don't have the equipment, supplement it with something else. If lifting, make sure to use proper safety protocol and spotter if necessary. Make sure to include conditioning and flexibility. Again, the point is to do something and remain active.

### **Wellness Goals**

1. **Fitness** - Try something different and add a little high intensity. Increase the resistance, add a jog/run interval to your walk, increase your pace, include more hills on the walk, etc.
2. **Nutrition** - Eat a healthy protein source with every meal and cut back on the simple carbs, breads, and pasta.
3. **Stress management** - Perform a body scan and deep breathing for relaxation three times this week. Note where you carry tension and how you can control it.

### **Competition**

Send photo of the most creative way you stayed active while away from school. Include description.