

Mel Williams is the Physical Education instructor at WKHS. She has been the Head Girls Cross Country coach at WKHS since the building opened 25 years ago. Additionally she assisted in Track and Field at TWHS and was also Head Girls Track and Field coach for a number of years at WKHS. She has 30+ years of experience in the training of sports participants. She holds both a B.S. in Education and M.S. in Administration. Williams has coached District, Regional and State Champions in both track and cross country.

Dan Stevens is the Weight Room Technician for both WKHS and TWHS and splits time between schools. Stevens has also coached football and track and field at both WKHS and TWHS. Stevens has 30+ years of coaching experience. Additionally, Stevens has spent a significant amount of time under the bar learning to lift and learning how to teach others. Stevens has competed in powerlifting and is a *Bigger, Faster, Stronger* Certified Strength Specialist, USA Track and Field Level 1 & 2 certified coach and USA Weightlifting certified club coach. Stevens also holds a B.S. in Education.

It takes no talent to improve strength

Testimonials from class participants

“We get results. Results come from hard work on the basic lifts. We have everything a person needs to get stronger, improve performance and decrease the likelihood of injury.”
– Coach Stevens

“I increased in all four core lifts. I lost fat and gained muscle. I will use the program for the rest of my life as it has gotten me to where I am today, so why would I stop?”

-D.J., Football, Hockey

“... My legs have gotten stronger which definitely helps in field hockey. This will impact a lifetime of fitness because I am now able to lift in a way that I know works for increasing strength in many areas.”

-Gabrielle, Field Hockey

The Training Hall
is located on the south side of
the Auxiliary Gym



Why take Strength Training?

Knowledgeable Instruction

Focus On Strength

Finest Equipment

It's Free

Learn Traditional Lifts

Improve Performance

Feel Better

Lose Weight

Credit for Lifting

Lift During School

Prepare for Sports

Release Stress

Build Muscle

Boost Esteem

Program Mission

Our mission is to teach class participants that strength training is a life long activity that enhances the performance of basic life skills. Everything we do as humans is easier when we are stronger, whether we are dumping the trash, doing yard work, moving furniture or playing sports.

The lifting program is rooted in the use of the barbell, dumbbells and body weight to increase strength and enhance basic human movements. People push, pull, squat, and hinge at the hips and carry things. Barbell and dumbbell exercises are prescribed to strengthen and improve the performance of these movements.

The WKHS Training Hall was designed to accommodate groups of trainees and use barbells, dumbbells and body weight as the tools of choice in strength development. These tools have stood the test of time as the gold standard for improving human performance.

We stress the importance of multiple joint movements, starting too light, progressing slowly and breaking records.

Class Structure

Strength Training is a semester long class. Any student is eligible. And it's repeatable. A typical training week is set up so students lift on Mondays, Tuesdays, Thursdays and Fridays. Upper and lower body movements alternate on consecutive training days. Wednesdays are used for classroom lessons, general conditioning and other activities prescribed by the instructor.

Each training day is based around the performance of a foundation lift. These lifts are the bench press, standing press, barbell squat and trap bar dead lift. These movements are chosen to develop strength in the basic human movements of pushing, pulling, squatting, hinging and carrying loads.

Sportspersons have the opportunity to lift during the school day. They do not have to stay after school or after practice to lift. The instructor can modify a session for the in-season sportsperson.

Classes are not divided by gender. While this has never been an issue, **2016-17 will mark the formation of an all female class during the last period of the day. Young females may feel more comfortable in an environment of their peers. And the lessons can be tailored to issues that a young female faces as she matures and grows.**

Benefits Overview

The benefits of strength training are numerous.

- ✓ Injury Prevention- Strength training promotes stronger muscles, tendons, ligaments and denser bones
- ✓ Improved Performance- Stronger is always better than weaker. All other performance factors can be improved; speed, agility, vertical jump and strength endurance by just getting stronger.
- ✓ Higher Metabolism- Extra muscle can help burn more calories while at work or rest.
- ✓ A surplus of strength makes all of life's physical tasks easier.
- ✓ Strength training promotes a healthy lifestyle.
- ✓ Improves quality of life as we age.
- ✓ It does not require a high level of athletic skill to lift weights and get stronger.
- ✓ Improving strength can build a higher level of self-esteem.