



St. Mary's Strength and Conditioning

Training Philosophy:

The two primary goals for all athletes participating in strength and conditioning program is to improve performance and reduce the possibility for injury. We want to enhance athletic performance and keep our athletes as free from injury as possible. To accomplish those goals we adhere to the following guidelines:

- a. Emphasize Olympic-style total body exercises each workout
- b. Develop as much power and speed capability as possible
- c. Develop as much athleticism as possible
- d. Dumbbell training is a priority
- e. Free weight training is an area of emphasis
- f. Training movements rather than muscle groups is a focus
- g. Always keep in mind we are athletes not body builders
- h. Training the core is a priority
- i. Plyometric training is a priority
- j. HAVE FUN, SET GOALS AND REACH THEM



We expect our athletes to train with great intensity, be on time, follow the training program provided to them, and to know at all times they have out-worked and are better prepared than their opponents.

All Coaches: I will have a weekly and monthly calendar set up for scheduling training times. I will be available Monday-Friday 3pm-6pm. I will have a sign up sheet in the weight room or I can be reached at 248-505-4756, e-mail jmarinoff@stmarysprep.com



Jim Marinoff

Strength and Conditioning Coach

Jim Marinoff was born and raised in Coon Rapids, Minnesota. A hockey and football standout in high school, his play on the gridiron as a linebacker got him much attention and earned him a college scholarship to Moorhead State University.

At Moorhead, Jim majored in Exercise Science and Sports Training, and received certifications with the National Academy of Sports Medicine and the American Council on Exercise. Jim's career took off in the field he loved, strength and conditioning. First, Jim became a conditioning coach at his former high school before a seven year term as a Personal Trainer at a large fitness facility. In January 2002 Jim started his own training and coaching business called Personalized Fitness Coaching PFC. From years of personal experience and advanced education, PFC organizes training for large audiences from professional athletes to heart patients and everything in between. In terms of athletic training, programs should be sports specific and designed to make each athlete stronger, faster and more powerful while increasing cardiovascular efficiency.



"The Greatest Weapon Any Athlete Can Possess Is
CONDITIONING!"

- Jim Marinoff

STRENGTH & CONDITIONING

