



Team Meeting

Winter 2025

Coach Sho

Agenda

- Welcome
 - Ice Breaker & Leadership
- Summer Recap
- Winter Overview
 - Meets, Training Locations, Etc
- Training Plan
 - Drills, Progressions, Etc
- Questions

Welcome

Ice Breaker

- Drop your name and events in the chat
- Comment on our latest post so we can all follow each other

Welcome

Leadership

- Coaches
 - Coach Shioma “Sho” Obemeata
 - Aretha Thurmond, OLY
 - Amber Williams
 - Micah Williams
 - Giles Davis
 - Jacob Aldrich
- Captains
 - Addison Hunley, Shortridge '27
 - Antre'Onna Osby, Lawrence Central '26
 - Qor'ron Wilson, Ben Davis '26

Summer Recap

- Read Seven Habits of Highly Effective Teens
- Hosted at Brebeuf, saw 24'1, 10.99, 12.49
- 70+ registered for summer, averaged 45 athlete per practice
- Qualified 15 for JOs
- Rocky national champion!

Winter Overview

- Roster Size
 - Throws - 1
 - Jumps - 17
 - Sprints - 17
 - Middle Distance - 3
 - Hurdles - 6
- Girls - 10, Boys 22

Winter Overview

- September
 - Optional training (Panthera) September 13th
 - Saturdays and Mondays
 - Concludes October 4th

Winter Overview

- October
 - First day of training
 - Full Team Monday, Thursday and Saturday
 - Monday and Thursday (Panthera and Frederick Douglass Center)
 - Saturday Central Green (150 Steeples Blvd)
 - Weight Room
 - Girls + Freshman Boys - Wednesday 6:30-8pm
 - Sophomore Boys and Older - Saturday 7-8:30am

Winter Overview

- November
 - Twins arrive
 - Holiday season
 - Soup kitchen volunteering

Winter Overview

- December
 - Holiday season
 - No meets
- January
 - Wheeler Mission Volunteering
 - UIndy practices begin, Monday-Wednesday
 - Weight room days don't change
 - First meet January 17th, hopefully January 10th

Winter Overview

- February
 - Full team season concludes at Wabash 15th
- March
 - Nike Indoor Nationals

Training Plan

Warm Up

- Floor Routine (Includes PVC core)
- Dynamic Mobility
- Sprint Drills
 - A March, Skips, Accels
 - Mini Hurdle Walkover Drills Dribbles, Fast Leg Emphasis, A Runs
- Can/Will Be “Loaded”
 - Dorsiflex bands

Training Plan

Warm Up

- Mini Hurdle Walkover, Dribbles, Fast Leg Emphasis, A Runs
- <https://youtu.be/yMU1kEGWEDs?si=xSnEKmIrd7h938QC>

Training Plan

Drills

- Dribble Walks
 - Videos on webpage

Training Plan

Drills

- Low to High Dribbles
 - Videos on webpage

Training Plan

Drills

- Max Velocity Running
 - The Model
 - Videos on webpage

Training Plan

Weight Room

- Strength to Power
- Power Clean Progression
 - Snatch to Hangs to Cleans