



Midlothian Athletic Department

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Thursday, March 12, 2009

To: Middle School Parents
Re: Middle School Athletic Development

Parents,

Our staff has recently implemented our newly created **Athletic Development Plan** for our middle school students. There have naturally been some questions and concerns. It is my hope that this letter will ease your concerns, and answer any questions you have.

I recently charged a committee to develop written components that our athletes must develop in preparation for a successful experience in high school athletics. This committee was comprised of our middle school coordinators, the head basketball coach, the head football coach, and me. Through our process I was also in consultation with the strength and conditioning staff at the University of Texas, Athlete's Enhancement, Velocity Sports and our head athletic trainer.

The result of this collaborative effort is the Athletic Development Plan that will be in place following Basketball season each year at our middle school campuses. The activities and routines were developed to help our athletes gain the components that all athletes must possess to achieve success in any sport.

Thanks to the great work done by our committee; we now have the **Three S's** that serve as cornerstones for the Athletic Development Plan. **S**trength and development of the muscular system is one of our three components. **S**peed and agility development is another, and **S**kill development rounds out the three components.

We have a detailed, organized plan that consists of activities that will develop our athletes in all three key areas. The field of strength and conditioning is an ever evolving discipline, my staff and I will continue to consult with experts in the field to stay ahead of the curve as it pertains to the development of our athletes.

I am excited about this comprehensive plan and the positive effect it will have on our athletes. I am also in the process of developing a similar plan for our girls program. Should you have further questions, please contact our staff via phone or e-mail and we will do our best to answer your questions.

Athletically,

Steve Keasler
Athletic Director
Midlothian ISD