Isidore Newman School
High Performance Program Overview

Program Philosophy
Newman’s High Performance Program is designed to aid student-athletes in their athletic development process. The program is designed to build and develop athletes first and sport-specific players second. This holistic approach will include strength and power training, speed and agility development, increased mental fortitude as well as enhanced decision making from a physiological, nutritional and recovery standpoint. This program is also designed to help young men and women grow into young adults as it teaches responsibility, strong team relationships, determination, sacrifice, dedication, and work ethic. This is an ever growing and evolving process throughout each student’s four-year term within the High Performance Program.

High Performance will be defined as a training program that will enlist proper training and recovery principles in order to elicit the highest performance potential out of each athlete on competition day. The purpose of Newman’s High Performance program will be to conduct a program that will educate students on their bodies and how best to prepare them for the demands of competition. The program will place students in situations and positions to grow as athletes and in turn exhibit levels of excellence within their craft on the competition field.

Newman’s High Performance program is ultimately an additional platform for learning. Through training, athletes will learn how to best prepare their bodies both inside and outside of the fitness center for the demands they will meet. The High Performance coach will be tasked with educating each individual with the tools that they will carry with them for the rest of their lives in order to maintain a happy healthy lifestyle.
Expectations

- Each student athlete is expected to take ownership for their own athletic development. The High Performance program will act as a road map to success. The athlete must make the conscious decision to follow this set of directions. Part of this process will require athletes to take it upon themselves to speak with the High Performance Coach in order to assess their development and what may need to be altered to enhance performance both on and off the field.

- Part of this ownership, placed on the athletes, will be the responsibility to use the opportunity of his or her free periods during the school day in order to complete workouts. These workouts will be coordinated by the athlete and High Performance Coach in order to ensure that each athlete is training outside of the team setting three days a week during the off-season and two days a week during the in-season.

- Tips and Training Advice will be made available to each athlete on a weekly basis. These items will cover hydration, nutrition, mental resilience, and recovery. It is the responsibility of the athletes to empower themselves with the knowledge and use these items to better themselves and achieve the high expectations set before them.

- Each student athlete is expected to take responsibility for their actions. This means owning up to your successes and failures. This also means accepting the repercussions of both.

- Each athlete is expected to clean up after themselves. The High Performance Coach is not here to pick up after athletes. Each athlete who fails to do so will take responsibility for their actions.

- Each athlete is expected to hold themselves to high expectations. This means completing each session to the best of their abilities and not quitting until the job is done. This also means pushing the limits during training sessions and not stopping when it is uncomfortable.

- Ultimately, the High Performance Coach is an extension of each coaching staff. The expectation is that each athlete and coach creates a strong relationship with the High Performance Coach, as this individual is here to aid in the process of the student-athlete’s athletic development. It is only
through this strong relationship and strong communication that this system will work to the greatest advantage for both sides.

**Goals**

- The goal of the High Performance program will be to have a measurable effect on athletic performance and the reduction of injuries. Each team will go through an evaluation set forth by the sport specific coach and High Performance Coach. In addition the Athletic Training Staff and High Performance Staff will set out to implement strategies to reduce the number of non-contact injuries experienced during the athletic season.

- These goals will have both subjective and objective measures based on the sport coach’s discretion. The goal areas will come from the testing and evaluation numbers listed below, team cohesiveness, and the mental preparedness of the athletes.

**Schedule**

Team training schedules will be dictated by the sport coach and the High Performance Staff. Fall athletes will begin optional training on July 11. Mandatory training for fall athletes will begin August 1. Winter Athletes will begin optional training September 6, with mandatory training beginning at the end of the Fall season. The spring athletes will begin optional training in December. Mandatory training will begin on January 2.

During the school year athletes will be expected to communicate with the High Performance staff regarding individual training sessions. These sessions will be held during the school days at each individuals Free Period or Activity Period.

**Programming**

Throughout the athletic year, teams will be competing for championships while others are preparing for their first pre-season game. At times there will be athletes that are a part of each of these teams. To account for this the programming for each time will follow an undulating periodization which allows for athlete to see small peaks in performance before moving back into a building phase. This will prevent athletes from plateauing completely or burning out.

**Testing/ Evaluations**

The testing and evaluation process will be decided on by each sport’s varsity coach and the High Performance Coach to find a system of criteria that works best
for each party. This system of criteria will be selected as the best data indicators to analyze each group’s growth throughout the season.

Potential testing fields will include movement proficiency, acceleration abilities, top speed abilities, strength and power measurements, conditioning measurements and agility abilities. Each field can be tested in any number of different formats. These formats will be decided on by the varsity coaches. Each sport will be tested prior to the season beginning and again prior to the competition phase of the season commencing.

The High Performance Coach and Sport-Specific Coach will have conducted numerous meetings throughout the summer in order to prepare the testing protocols and programs for each team in order to be prepared for the arrival of the team on day 1 of training. These summer meetings will create the outline for the entire season, from first practice to championship rounds of competition.

Coach Info
Nick Brattain is in his sixth year within the field of strength and conditioning. Prior to working with Newman, Nick was a Facility Manager and Program Director for 4 years at Indiana University Health- Sports Performance in Carmel Indiana. During his time in Indianapolis he worked with the Indiana Pacers, Indianapolis Colts, and Andretti Racing teams as well as with a number of local colleges and high schools. Nick was also tasked with the creation and implementation of 5 new strength and conditioning programs in high schools local to the Indianapolis area. In September of 2014 Nick moved to New Orleans where he founded Brattain Sports Performance, a company designed to enhance the athletic potential of athletes from all sports. Currently, Brattain Sports Performance works with the top athletes in the NBA, NFL, and USATF, and well as local collegiate and high school athletes.

These experiences have helped Nick to form a philosophy and set of skills that allow him to adapt to different atmospheres and teams. As Nick creates a new program for Newman he will use his previous experiences to craft a program that is unique and tailored to the Newman Athletic Department and larger community.