

FREQUENTLY ASKED QUESTIONS!



What is Rocket Strength?

Rocket Strength is a youth strength and conditioning program created for kids to improve sports performance and develop well-rounded athleticism. As the demands of sports participation is on the rise, the injury rate in youth sports is also increasing – attributed to repetitive stress and overuse. By participating in Rocket Strength, the youth athlete will build an appropriate foundation to handle the physical stress of sports and prepare for long-term athletic success. Rocket Strength incorporates a fun learning environment in which sessions include full body workouts, technique drills, fun challenges, and team games. It is a great opportunity for kids to build confidence, have fun with teammates, and become better athletes!

Is strength training safe for kids?

Yes! Research has demonstrated that youth strength training in a supervised setting led by qualified coaches is safe and highly effective for fundamental fitness and physical preparedness. The benefits of youth strength training include increased muscular strength and endurance, stronger connective tissue (tendons and ligaments), improved motor skills (jumping, sprinting, balance), and healthier body composition. Please note: Youth strength training does not stunt growth and kids will not look like miniature bodybuilders. 😊

Does Rocket Strength use the Rocket Power Center (RPC)?

No, Rocket Strength is held in the RCC dance studio, fieldhouse, and outdoor fields. Many people visualize strength training as lifting heavy weights and doing bicep curls, but did you know that strength training includes exercises such as pushups, body weight squats, lunges, pull ups, and planks? The goal in Rocket Strength is to master a variation of these movements along with fundamental technique drills for speed and agility before progressing to loading the body with external forces (barbells, dumbbells, etc). We will save the RPC for future years!

Is my child ready for Rocket Strength?

Summer Rocket Strength is open to all boys and girls entering grades 5 and 6; however level of maturity, discipline, and responsibility is held to a high standard. Please talk with your student prior to registering and make sure they understand the expectations and circumstances of the program. This is a progressive strength & conditioning program for young athletes and we want to ensure it to be a positive and safe environment!

Who are the coaches?

Cora Sandow – Certified Strength & Conditioning Specialist, Certified Personal Trainer, Certified USAW Sports Performance Coach, Crossfit Level 1 Certified, First Aid/CPR/AED Certified

Drew Meyer – Certified USAW Sports Performance Coach, First Aid/CPR/AED Certified

When is Summer Rocket Strength and how much does it cost?

The summer session is Tuesdays and Thursdays from 10am-10:50am, June 13th thru August 3rd (no training the week of July 3rd). The program fee is \$45 and may be paid via PaySchools or cash/check.

How do I sign up?

Visit the Rockford Community Education webpage and **fill out the Comm Ed Youth Registration Form:**

www.rockford.k12.mn.us → District Services

→ Community Education

→ General Community Ed & Registration Forms

Still have questions?

Please contact Coach Cora at 763-477-5294 or sandowc@rockford.k12.mn.us.