



Beechwood High School Athletic Performance

Building the Standard: A Data-Driven Approach to
Student-Athlete Development

Presentation By: Colt Place, Director of Sports Performance, CSCS

weare**beechwood.**

WEEKLY LIFTING SCHEDULE

WEEK OF
7/21/25

Notes	MON	TUE	WED	THU	FRI	SAT
VB Upper WR on WED	Boys Soccer 7:00-7:45		Boys Soccer 7:00-7:45			
	Girls Soccer 8:30-9:00	Basketball 10:00-11:00	Girls Soccer 8:30-9:00	Basketball 10:00-11:00	Basketball 10:00-11:00	
		Golf 11:00-12:00	Open Lift/Spring Sports 1:00-2:00	Golf 11:00-12:00		
	Open Lift/Spring Sports 1:00-2:00		Volleyball 3:15-4:15			
	Var Football 3:15-4:30		Var Football 3:15-4:30		Volleyball 3:15-4:15	
	Middle School Football 5:00-5:45	Freshman FB 5:15-6:00	Middle School Football 5:00-5:45	Freshman FB 5:15-6:00		

WEEKLY LIFTING SCHEDULE

WEEK OF
6/2/25

Notes	MON	TUE	WED	THU	FRI	SAT
	Var Football 7:00-8:30	Var Football 7:00-8:30	Var Football 7:00-8:30	Var Football 7:00-8:30		
	Volleyball 9:30-10:30	Middle School Football 9:00-11:00	Volleyball 9:30-10:30	Middle School Football 9:00-11:00		
	Basketball 11:30-12:15	Golf 11:00-11:45	Basketball 11:30-12:15	Golf 11:00-11:45		
	Open Lift/Spring Sports 1:00-2:00		Open Lift/Spring Sports 1:00-2:00			
	Boys Soccer 4:45-5:15		Boys Soccer 4:45-5:15			
	Girls Soccer 5:15-6:00		Girls Soccer 5:15-6:00			

WEEKLY LIFTING SCHEDULE

WEEKLY LIFTING SCHEDULE

WEEK OF

9/2/25

Notes	MON	TUE	WED	THU	FRI	SAT
VB Upper WR on WED	Var Football 3:15-4:15	Girls Soccer 3:15-4:00	Volleyball 3:15-4:15 (Upper)	Girls Soccer 3:15-4:00	Volleyball 3:15-4:15	
	Boys Soccer 4:15-5:00	Basketball 4:00-5:00	Var Football 3:15-4:15 (Lower)	Basketball 4:00-5:00	Freshman FB 4:15-5:00	Var Football 8:00-9:15
	Middle School Football 5:00-5:45	Freshman FB 5:15-6:00	Boys Soccer 4:15-5:00	Baseball/Softball 5:15-6:00		
Baseball/Softball Start 9/22	Basketball 6:00-6:45	Golf 6:00-6:30	XC 5:00-5:30	Golf 6:00-6:30		
	Baseball/Softball 6:45-7:45	Open Lift 6:30-7:15	Baseball/Softball 6:00-7:00	Open Lift 6:30-7:15		

WEEKLY LIFTING SCHEDULE

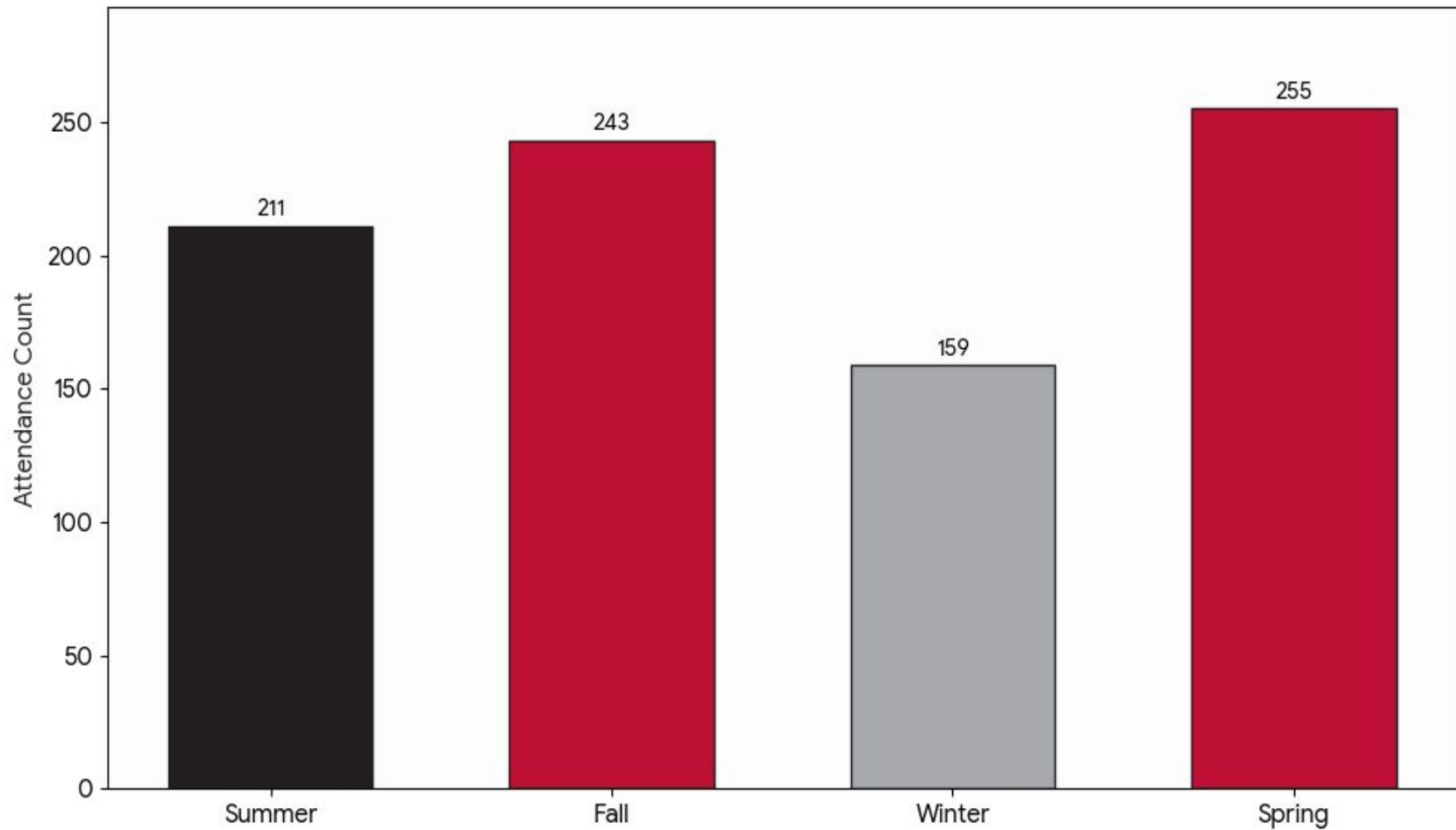
WEEK OF

2/23/26

Notes	MON	TUE	WED	THU	FRI	SAT
Open Lift-Archery, and all teams not listed.	Var Football 3:15-4:45	Middle School Football 3:15-4:15	Var Football 3:15-4:45	Middle School Football 3:15-4:15	Var Football 3:15-4:45	
	Middle School Track 4:45-5:15	Soccer Boys & Girls 4:15-5:15	Middle School Track 4:45-5:15	Soccer Boys & Girls 4:15-5:15	Open Lift 5:00-6:00	
Boys or Girls BB any day .	Basketball 5:15-5:45	Basketball 5:00-5:30	Basketball 5:15-5:45	Tennis 5:00-5:30		
	Baseball 5:45-6:15	Softball 5:30-6:00	Baseball 5:45-6:15	Softball 5:30-6:00		
	Open Lift 6:15-7:00	Track 6:15-7:00	Open Lift 6:15-7:00	Track 6:15-7:00		

WEEKLY LIFTING SCHEDULE

Beechwood Athletic Attendance by Season

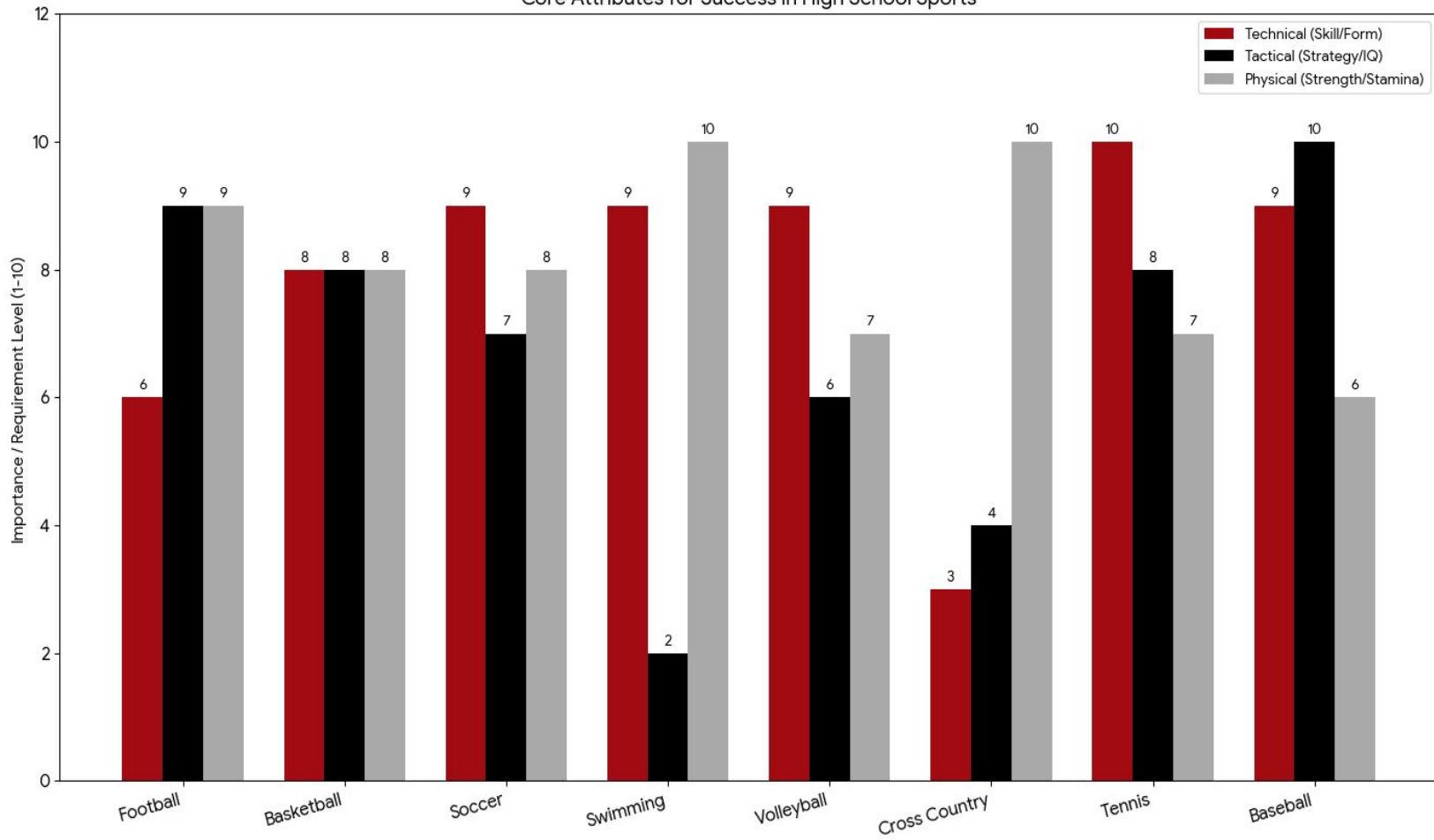




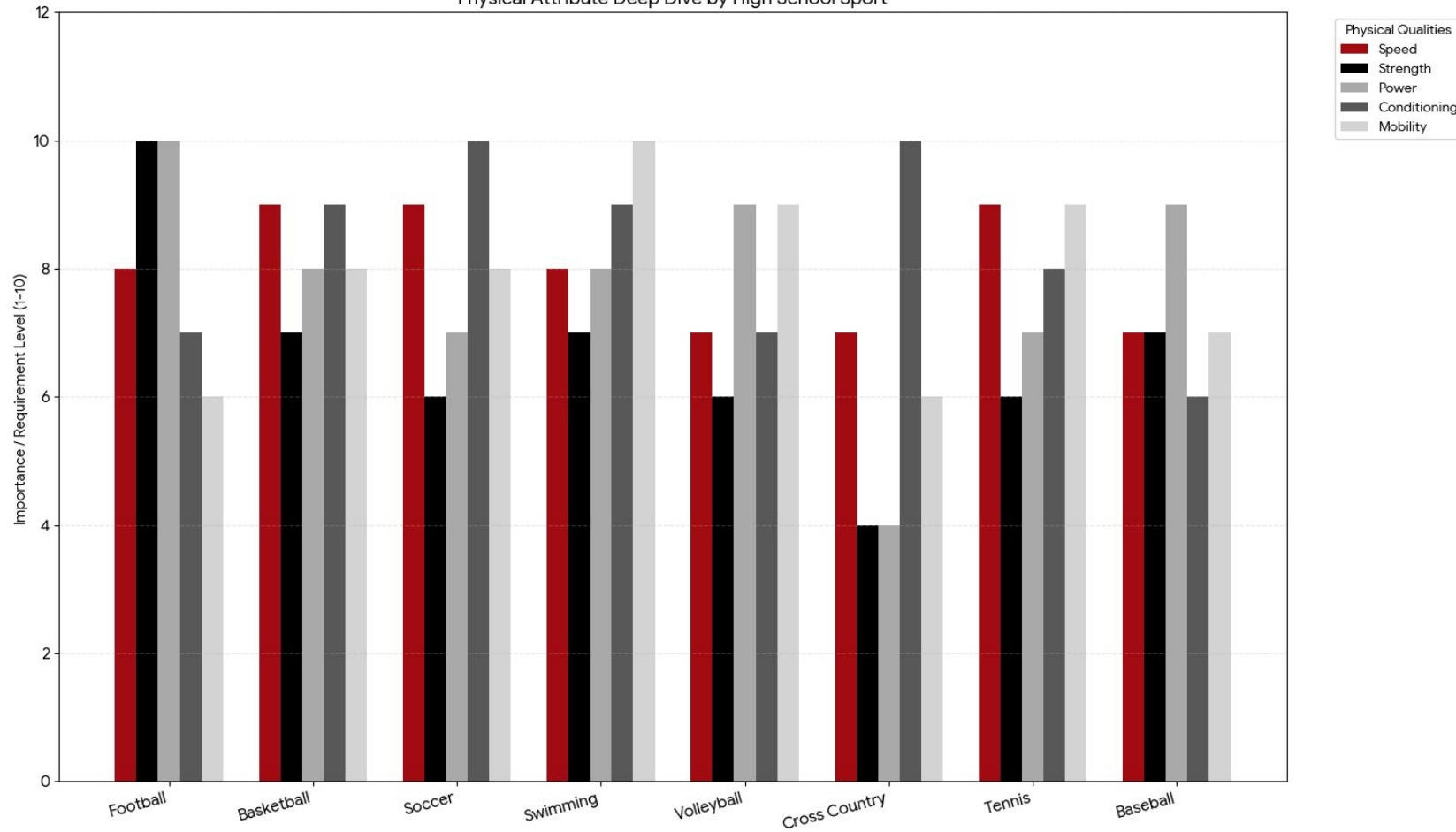
Key Performance Indicators (KPI's)

- Trap Bar Deadlift- Max Strength
- 20 Yard Lead Fly 10- Max Velocity
- Vertical Jump- Vertical Force
- Broad Jump- Horizontal Force
- Movement Competency
- TeamBuildr- Training Software to track data
- Idashr- Timing Gates to track speed
- Jump Mat- Vertical Jump
- Tape Measure- Broad Jump

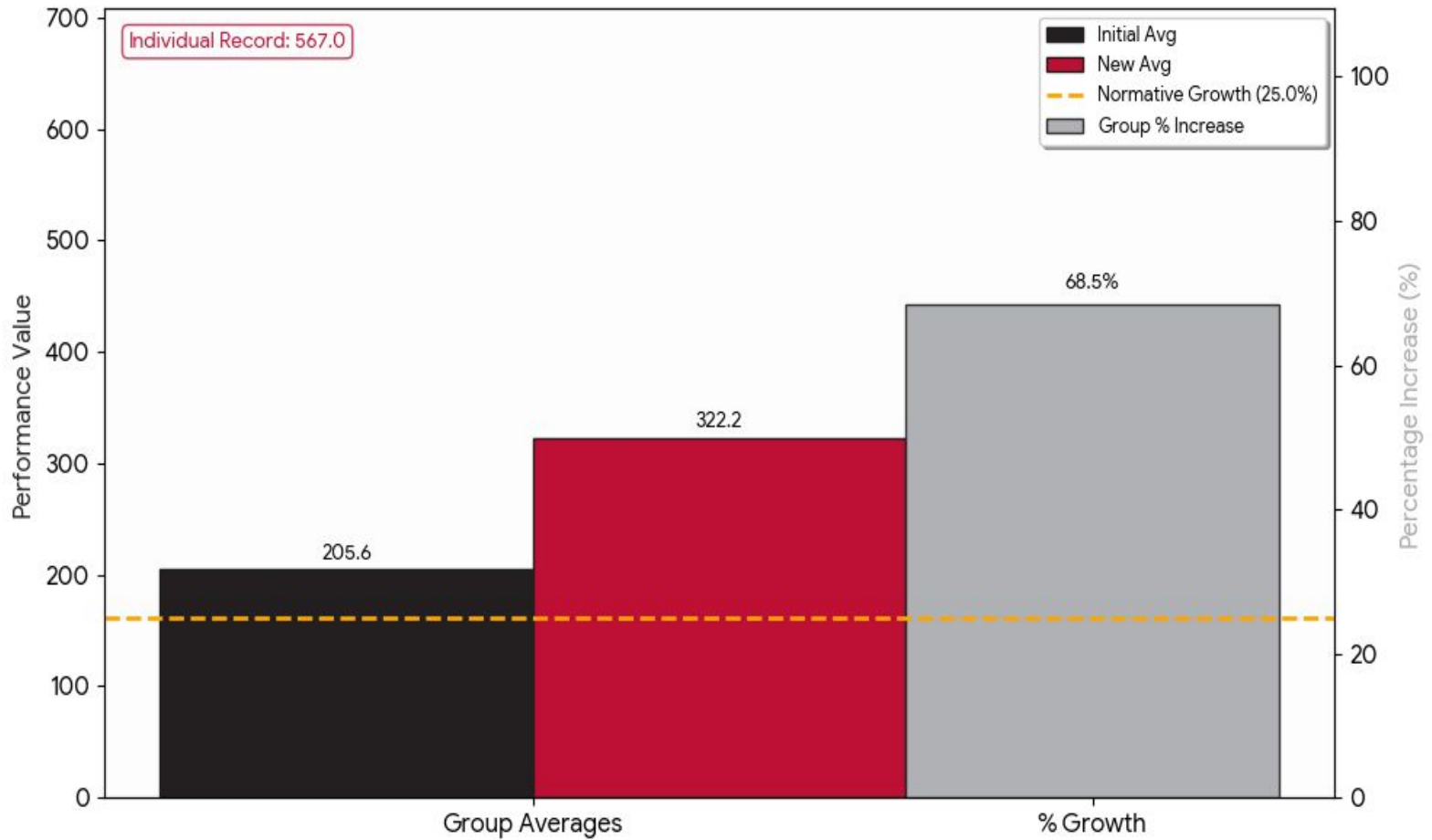
Core Attributes for Success in High School Sports



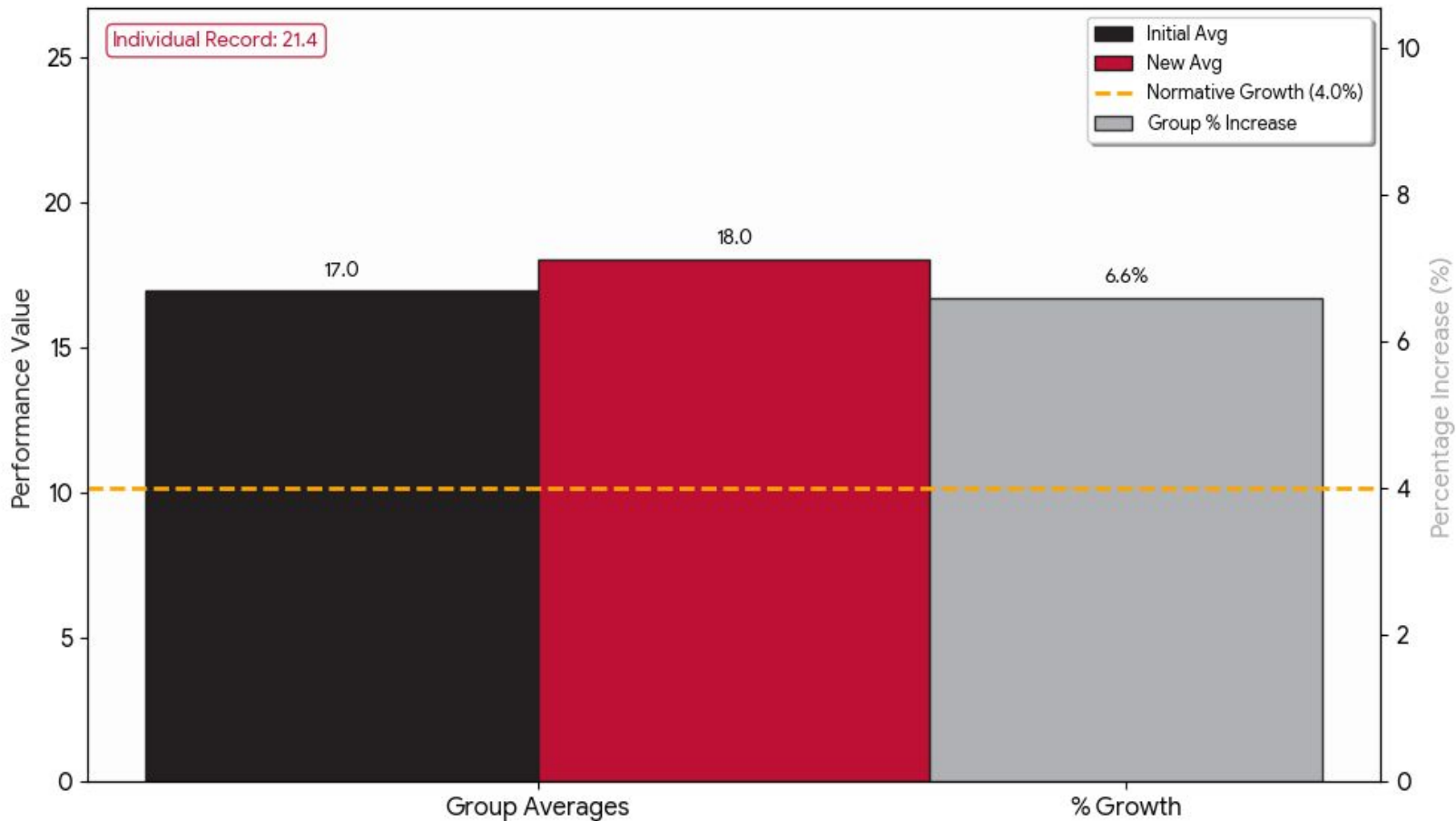
Physical Attribute Deep Dive by High School Sport



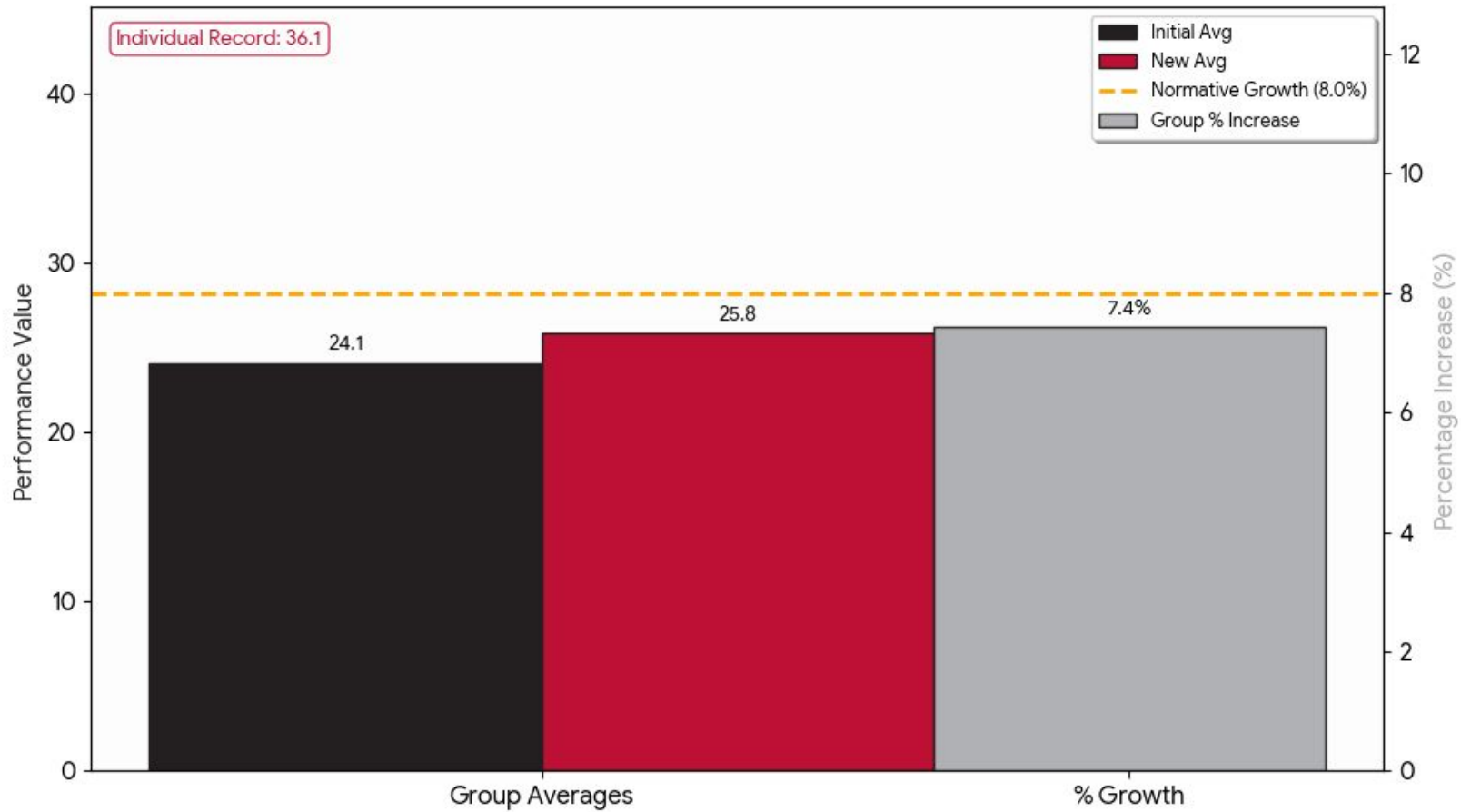
Beechwood Performance: Trap Bar Deadlift (lbs)



Beechwood Performance: Fly 10 (MPH)



Beechwood Performance: Vertical Jump (in)



Beechwood Performance: Broad Jump (in)

