

GREENHILL SCHOOL MIDDLE SCHOOL SPORTS PERFORMANCE

Student health - mental, emotional, and physical - is our top priority in the Greenhill Athletics Department. Our Middle School sports performance programming provides students access to qualified professionals who will increase the literacy of physical activity through exercise and strengthening techniques. Additionally, students will gain insight on setting and developing age-appropriate goals to improve their health and athleticism.



MISSION: We will equitably provide a safe environment to develop knowledge and a passion for exercise, athleticism, and healthy competition.

Students have the opportunity to work with our sports performance team while they are in season with their respective teams, during the two weeks of May sports performance camp, and over the summer. Families can opt out of in-season loaded 1-10 rep max assessments by using [this link](#). We are thankful to have the opportunity to be a part of Greenhill's supportive school community, and we are excited to work with all our students. If you have any questions about our programs and offerings, feel free to contact Director of Sports Performance Jessen Houston houstonj@greenhill.org.

SPORTS PERFORMANCE PILLARS	COACHING PHILOSOPHY	SPORTS PERFORMANCE PROGRAMMING
Improve Knowledge	Make Work Intentional & Fun	Components of Fitness
Improve Function	Make Progress Essential	Speed, Agility, & Power
Improve Ability	Program Comprehensively	Mental Acuity
Improve Performance	Inspire Camaraderie	Baseline Assessments*
Improve Health	Do No Harm	Healthy Eating Education

**Baseline assessments will vary based on team dynamics and individual ability.*

