



Lutheran High School Strength and Conditioning



Physical Conditioning: Mandatory Safety Prerequisite

The Physical Conditioning course at Lutheran High School is a high-performance course designed to optimize an athlete's "Base of Strength" through our four primary pillars: Strength, Power, Speed, and Flexibility. Due to the physical rigor of the curriculum and the high-density nature of our facility, all students must pass the **Physical Safety Test (PST)** to be eligible for enrollment. This evaluation ensures that every student possesses the foundational motor control and spatial awareness necessary to train safely at an elite standard.

Evaluation Dates & Location

Students must attend one of the following sessions. Both sessions will be held at Lutheran High School in the Weight Room and Football Field/Gymnasium.

- Date 1: Tuesday, April 28th
- Date 2: Thursday, April 30th
- Time: 5:30 PM – 6:30 PM
 - Note: All students must be on the field and ready to participate at 5:30 PM sharp.

What to Expect

The 60-minute test is a direct assessment of physical literacy and coachability. It consists of three specific sections:

1. Warm-up & Dynamic Assessment: A 10-minute battery of calisthenics, 20-yard sprints, and a suicide run to evaluate coordination, acceleration, and deceleration.
2. Technical Movement Screen: A 35-minute evaluation of the six basic movements (Squat, Hinge, Lunge, Press, Pull, and Rotation) using PVC pipes and medicine balls to verify mechanical safety.
3. Chaos Assessment: A 15-minute game to observe reactive agility, spatial awareness, and temperament under physical stress.

Required Equipment

Students must arrive prepared for a high-intensity workout. Failure to bring the following will result in a forfeit of the testing slot:

- **Proper Footwear:** Athletic sneakers are mandatory (No slides, crocs, or boots). Cleats are optional for the field but indoor shoes are required for the weight room.
- **Athletic Attire:** Shorts and a t-shirt.
- **Hydration:** A personal water bottle.

Registration & Placement

- **To Register:** Sign up for your preferred date via the registration sheet in the Guidance Office.
- **Placement Results:**
 - **Green (Cleared):** Student meets all safety standards and is eligible for the course.
 - **Yellow (Provisional):** Student demonstrates the ability but lacks specific technical literacy; may require a foundational semester.
 - **Red (Redirect):** Student does not currently meet the safety standards for this section and will be redirected to General Physical Education.

"Excellence is the standard. Safety is the requirement."

— Coach John Pasch, Strength & Conditioning

