**Rosemont Ravens’ Strength and Conditioning**

The raven is an agile and intelligent bird known for problem solving and teamwork. Our own Rosemont Ravens exhibit these same characteristics and train vigorously in order to *soar* whenever they step on the field or court.

The Rosemont strength and conditioning program is based on developing a complete athlete. We train strength, speed, power, and agility with the primary focus of translating these attributes to movement in competition. In order to accomplish this goal we emphasize perfect exercise *technique*, proper exercise *progression*, and healthy athletic *nutrition*. These tenants are paramount to keeping our athletes out of the athletic training room and on the field, competing in the sports that they love.

Rosemont athletes are not only taught the *“how”* of strength and conditioning but also the *“why.”* It is our belief that informed athletes make for intelligent athletes. Our hope is that our athletes will develop a love for fitness and will continue to lead healthy lives long after their years of playing in Alumnae Gymnasium and on the fields of the Rosemont Athletic Complex. We strive to instill strong core values in our athletes such as *honesty, teamwork,* and *perseverance* in the face of adversity through goal setting and *passionate*, purposeful work.