

# Innovation Proposal: Strength & Conditioning

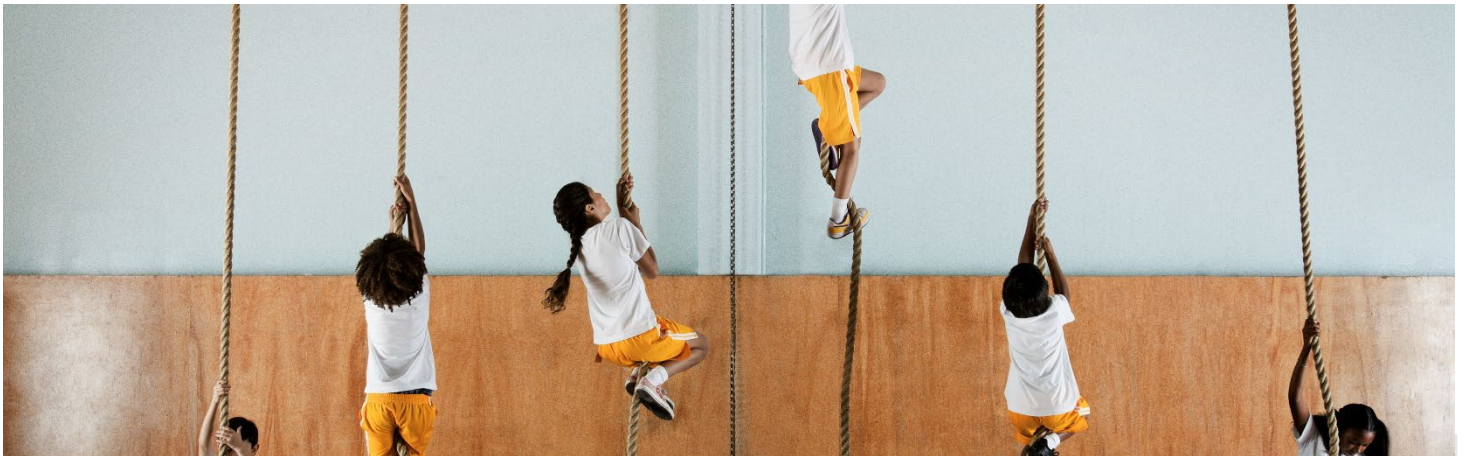
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## Proposed Innovation

Rope pulley systems simulate the ability to climb ropes. Because rope pulleys are portable, they can be used in the wrestling room, the weight room, and even out on the fields. These rope pulleys are an innovative way to simulate the same benefits of rope climbing without having high enough ceilings to have full length climbing ropes.

## Purpose and Potential

The strength benefits to any athlete of rope climbing are well documented. Challenging oneself to do something hard each day fosters confidence and mental strength necessary for positive sports psychology. Because these rope pulleys have 10 different resistance settings, student-athletes can measure their strength gains physically and mentally by “graduating” to the next setting.

### Courses Include

an in-person classroom setting on campus in an A or B-day rotating schedule.

### Student Outcomes

will be measured through formative and summative assessments to track growth measurements and student-athlete progress as they progress through the 10 different resistance settings.

### Funding

Grant funding will be used for the purchase and operation of 6 rope pulley systems.

*Under House Bill 386, Local Education Agencies can approve up to \$5,000 in grant funding for innovation programs. The innovation outlined here is one example that has been approved for implementation. Learn more at [schools.utah.gov/ulead](https://schools.utah.gov/ulead)*