



WE STILL ARE BEAVER STRENGTH

THIS SUMMER HAS PRESENTED US AN OPPORTUNITY TO SHOW OUR G.R.I.T. THE BEAVER STRENGTH PROGRAM WILL CONTINUE TO FOCUS ON THE TOTAL ATHLETE; MENTAL TOUGHNESS, HEART, CHARACTER, STRENGTH, POWER, SPEED, AND AGILITY. THE VALUES OF HARD WORK, LEADERSHIP, TEAMWORK, TRUST, AND HONESTY WILL ALSO BE AT THE FOREFRONT IN OUR MISSION. WE BELIEVE ALL OF THESE QUALITIES BENEFIT OUR ATHLETES ON AND OFF THE FIELD. THIS SUMMER WILL LOOK A BIT DIFFERENT, BUT WILL HAVE THE SAME FOCUS AND INTENT AS PRIOR SUMMERS. STARTING **MONDAY, JUNE 22**, WORKOUTS WILL BE UPLOADED TO OUR BEAVER STRENGTH GOOGLE CLASSROOM. YOU WILL HAVE BODYWEIGHT OPTIONS AND EQUIPMENT OPTIONS. THIS DIGITAL FORMAT WILL CONTINUE THROUGH THE FIRST 3 WEEKS OF THE SUMMER (PHASES PENDING). THROUGHOUT THOSE 3 WEEKS, WE WILL HAVE 1-2 CONDITIONING OPTIONS ON THE FIELD AS WELL. THE LAST 5 WEEKS, OUR PLAN IS TO GET INTO THE WEIGHTROOM AND GET AFTER IT. THE SUMMER WILL END AS OF NOW ON **FRIDAY, AUG 14**, WITH OUR ANNUAL MIDNIGHT LIFT!

THIS SUMMER IS FREE!!

Due to the current situation, the District has decided to offer Beaver Strength totally free of charge this summer. Our goal is to get you all engaged to the highest level, to come back and have amazing seasons all year long. With this being said, the sooner you can register the better. Once you are registered through FamilyID, you will be receiving information on how it works.

Our Coach

DJ Malinowski graduated from CCSU with a B.S. in Exercise Science. He also has his Masters of teaching, certified in both Science and Fitness. DJ has trained athletes of all ages and abilities. He believes that not only do athletes need strong and powerful muscles, the most important muscle is the heart. DJ strives to use his training sessions to help build character in each athlete. He currently teaches Strength&Conditioning and Science at WMS, HS football coach, as well as head Strength Coach for Beaver Strength and the Beaver Breakfast Club

Register at FamilyID to secure your spot for this summer!!



The pride and tradition of the Woodland Athletic Program will NOT be entrusted to the weak and tired