

MISSION STATEMENT

The mission of the Denton Ryan Strength and Wellness Program is to provide a well-designed, collaborative training program based on sound physiological principles. Sport specific training methods will be implemented to provide a safe and productive training cycle by means of a periodic plan to maximize the full physical and mental potential of the student athlete. The overall goal is to develop and improve athletic performance and to instill a competitive attitude, work ethic, mental toughness, discipline and pride, in self and the total program.