



**Episcopal Strength and Conditioning  
Coordinator—Steve Baronich**

Steve Baronich starts his 19th year at Episcopal as the school's Strength and Conditioning Coordinator for Varsity Sports and Powerlifting Coach. He has over 25 years of experience in the field of strength and conditioning and is a certified Category I weightlifting coach by the United States Weightlifting Federation. Baronich also served as an assistant football coach for 2 years before taking over the reigns of the football program in 1992. During his tenure as head football coach, the Fighting Knights participated in the state football play-offs 5 years in a row, winning the District championship in 1996. Baronich also served as Head Girls Track and Field Coach. Under his guidance, the Lady Knights won 5 consecutive District and Regional titles. The 1994 team won the State AA Championship, with the 1995 team finishing as State AA Runner-Up.

Since arriving on campus in 1990, Coach Baronich has been able to incorporate an extensive strength and conditioning program for almost every varsity sport on campus. He plans all off and in season programs with the help of the Varsity coaches.

Episcopal's Powerlifting teams perennially finishes in the top five at the Louisiana High School Powerlifting Association State Meet. The 2008 Boys finished as AA Runner-Up, with the Girls team finishing 5th in AA. A member of the LHSPLA Hall of Fame, Coach Baronich has 7 LHSPLA State Championships to his credit, including 3 boys championships while he headed the team at Ascension Catholic.



**Episcopal Strength And Conditioning Program**  
**Only The Strong Will Survive!!!**  
**3200 Woodland Ridge Blvd.**  
**Baton Rouge, LA 70816**

# Episcopal

## Strength and Conditioning

### Summer Program

# For Rising 7th/8th Grade Boys and Girls

# Tel: (225) 753-3180, Ext. 1465

Summer Weightlifting Program  
for rising 7<sup>th</sup>/8<sup>th</sup> grader Boys and Girls

This 8 week summer program will give rising 7th and 8th graders an opportunity to learn the lifting techniques used in the core lifts of our weightlifting program. It will also allow them to become acclimated to the lifting routines that we use on a daily basis in our weight room as they enter into their first year of our strength and conditioning program. Coach Baronich will be assisted by Coach Wally Stevens, who assists with both the Powerlifting and Strength and Conditioning programs throughout the year and Randy Richard, Assistant Football Coach. These first two weight lifting sessions will be on **Tuesday, May 27th and Wednesday, May 28th.** After the first two introductory sessions, all other sessions will be held on Tuesdays and Thursdays and will run through Thursday, July 17th.

Lifting technique for the following lifts will be taught: Squat, Power Clean, Bench, Incline, Push Jerk and Snatch. The amount of weight that your son or daughter will lift during these sessions will be based on their readiness level and how much their technique improves from week to week on the lifts. **The main thing that we will be concerned with though is teaching proper lifting technique.**

7th/8th grade lifting sessions:  
Tuesdays/Thursdays  
12:30—2:30 p.m. Except for the 1st week of the program and the week of the 4th of July  
**Summer Weightlifting Program participants workouts times will be modified to accommodate their attendance at other Episcopal Summer Sports camps.**

Any strength gains that occur will be an added plus to their participation in this summer program. Their workout sessions will also include: plyometric jump training, speed and agility drills. Again, these plyometric, speed and agility sessions will be based on each individual's readiness level. Each participant will receive an Episcopal Strength and Conditioning t-shirt for attending the summer weightlifting session.

There will a \$100 fee for the eight-week program. If paying by check, please make your check payable to Episcopal Summer Weightlifting. I hope your son or daughter will take advantage of this opportunity to learn the basics of our Strength and Conditioning Program. If you have any questions concerning the summer weightlifting program, feel free to call me at 753-3180, Ext. 1465 or e-mail me at baronichs@ehsbr.org.

**EPISCOPAL STRENGTH  
AND CONITIONING  
SUMMER PROGRAM  
REGISTRATION INFORMATION**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Zip: \_\_\_\_\_  
Phone (Home): \_\_\_\_\_  
Cell: \_\_\_\_\_

Please detach and mail the completed Release and Registration Form with your check made payable to:

**EPISCOPAL SUMMER WEIGHTLIFTING  
C/O STEVE BARONICH  
3200 WOODLAND RIDGE BLVD.  
BATON ROUGE, LA 70816  
PHONE (225) 753-3180, EXT. 1465**

**SUMMER STRENGTH  
AND CONDITIONING  
PROGRAM RELEASE FORM**

I/We, the undersigned, hereby certify that I/We/am/ are the parent(s) or legal guardian(s) of the participant listed. I/We hereby give permission for the staff of the summer strength and conditioning program to seek, during the period of the program, medical attention for the participant and for the medical attention to be given and for the participant to receive medical attention in the event of accident, injury, or illness. I/We the undersigned, for ourselves, our heirs, executors and administrators, waive, release and forever discharge the camp staff, officers, agents, employees, representatives, successors and assign off and from all rights and claims for damages, injury, or loss to person or property, which may be sustained during the participation in the program activities or while at the summer weight program, whether or not damages, injury or loss is due to negligence.

PARENT/GUARDIAN

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

(Summer Weight Program participants must produce a signed release form before they will be allowed to participate).

\_\_\_\_\_  
Camper's Insurance Company

\_\_\_\_\_  
Address

\_\_\_\_\_  
Policy Holder:

\_\_\_\_\_  
Policy Number

Copy of Physical Attached.

Copy of Physical on file at Episcopal.