

Timberwolf Athlete Progression Program (TAPP)

- TAPP will be back for its second summer. All BVSU student-athletes are allowed to participate in TAPP. This includes incoming freshmen for the 2018-2019 academic school year.
- TAPP is designed to develop, improve, and enhance any athlete in their chosen sport and/or overall health and fitness.
- The program will run for approximately 9 weeks beginning on Monday, June 11th, and ending on Thursday, August 2nd. TAPP will meet 3 days a week on Monday, Tuesday, and Thursday from 5:00 p.m. to 6:00 p.m. The first 5-10 minutes of each session will be devoted to the instruction of what each participant will be doing that day and the remainder of the hour will be the daily workout itself.
- In order to benefit each student-athlete, I will either instruct them in a workout that their BVSU coach wants them to do, or I will create the workout myself, with communication to/from their coach, on what they will be doing to benefit what that student-athlete specifically wants to achieve. I am in 100% support of working with any and all other BVSU head coaches and what they want their athlete(s) to achieve as well as working with them so as not to conflict with their workouts and times that those coaches need to use facilities we may be using.
 - We will meet, either indoors or outdoors, somewhere on the BVSU campus based on what we would be doing on that specific day.
 - An example of who would show up at each session could be the wrestling team, swimming team (both boys and girls), volleyball team, softball team, cross country team, and soccer teams. Again, this is just a sample, as any one person/group would be welcome.
 - Either by their coach or by myself, a sport-specific program would be created, unique to that individual and/or group, in which said individuals would complete in the span of that hour.
 - There may be some days in which a workout is general enough that all participants of TAPP can be doing the same thing, i.e. a cardiovascular workout with explosive movements mixed in, similar to a Cross-Fit program.
- The motivation behind this is, due to my observation, not enough student-athletes here at BVSU are able/willing to utilize our facilities in the off-season in order to progress in their chosen sport. I know many of these athletes are in other sports who do not traditionally have summer training programs, but not all basketball players play football and not all baseball players play basketball. What do those athletes do for summer training? Here is where TAPP comes in.
- In no way is this meant to undermine any coaching staff, nor is it intended to impose upon any other coaches. Rather, my perception is simply that there seems to be no opportunities, due to time conflicts and/or supervision, to accommodate such workouts, for many sports to have an adequate and successful summertime program to benefit them for the following school year. I would like for TAPP to not be an alternative to off-season workouts, but rather an addition to what some may already be doing or don't have an opportunity to do.
- Feel free to contact me with any questions at gbuehler@bluevalleyk12.org.