

Interview 1

What is your main goal for the season?

My main goal for myself is to keep myself in shape, during the offseason, and for the whole team is to keep everybody in shape and the fitness level up to the game.

What program would you like to me do to help improve your team?

The program I want to see you create is like to keep stats of everybody, and how everybody is doing.

Hearing from this you guys are pre-experience with working out, how would you like to see my program.

I want you to keep track of how fast a person can run/sprint, keeping track of the players and how they have been performing.