Athlete Strength Assessment and Improvement Plan Phase 1 and 2 Instructions

I need an athlete strength assessment and improvement plan for Phase 1 and 2. This will be a two page assignment a phase 1 table and a phase 2 table. See the attached documents for farther instructions and the Plan Phase 1 and 2 Grading Rubric For this assignment, you will use the MORR training framework to begin creating your 6-week athlete strength assessment improvement plan for any sport other than American Football. Your plan must address the following items: List and cite the type of Periodization methodology that will be used for the training plan. Base the type (e.g. lower-body power, upper-body strength, etc.) and the number of strength/power training sessions per week from research (peer-reviewed articles or reputable textbooks) and cite the content in your submission. Pool workouts (listed only, not discussed) on at least one day of the training week. List the sport, competition level (high school, college, etc.) and position the athlete plays. List the physical characteristics of the athlete (age, height, weight, gender, body fat percentage). These should be realistic. If you are unsure what ‘realistic’ is, find a research article and use the means and standard deviations they provide. Initial strength/power assessment battery should be specific to the sport and or position the athlete plays. The assessments in this battery should be cited and come from peer-reviewed research or reputable textbooks. Some of the movements in the assessment should be included in the training plan. The assessment movements that are included in the training plan should have their percentages of maximum calculated. An example of this is if the athlete is doing 70% of their maximum on the bench press, which is 250lb., then percentage and the weight (175lb.) should be included. (e.g. Bench press @ 70% = 175lb.). One week of training is to be included in this phase of the Improvement plan. This week will account for Week 1 in Phase 2. The example below is intentionally minimal as your training weeks will be specific to the sport, athlete, the time in the training cycle, etc.