



The Real Results of Geneseo Human Performance

Geneseo High School
Wellness Program
Hammond-Henry Hospital Summit Program
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The Real Results of Geneseo Human Performance

In the Geneseo Human Performance Department, we operate within the framework of Systems-Based Training (SBT). Becoming bigger, stronger, faster, more explosive, and better conditioned are all expected outcomes of the process. That's a baseline expectation inside the Geneseo Human Performance Department. Those things matter—but they're not the finish line. They're the starting point.

But those aren't the true goal. The real outcome is **transformation**.

Our mission is to guide students as they become physically stronger, mentally tougher, emotionally more stable, and socially aware of being part of something bigger than themselves.

Our entire coaching philosophy is anchored in a quote from Ralph Waldo Emerson:

*“Treat a man as he is, and he will remain as he is.
Treat a man as he could be, and he will become what he should be.”*

Our job as coaches is stewardship. We refuse to treat students only as who they are in this moment. Instead, we treat them as who they can become, and we build the systems, standards, and support to help them grow into that future.

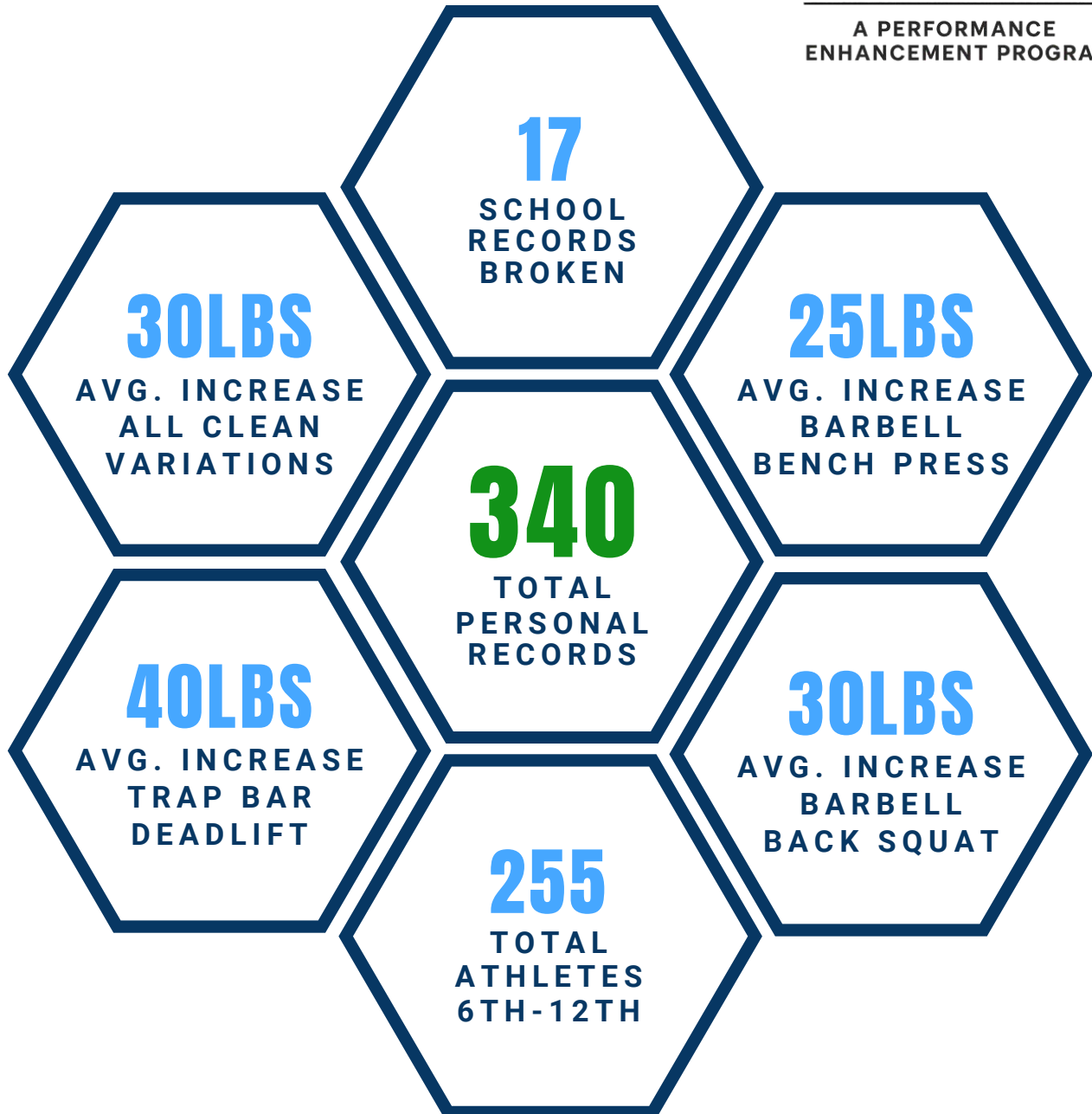


CHECK THE STATS



THE SUMMIT

A PERFORMANCE
ENHANCEMENT PROGRAM



Every single day, we monitor each major exercise and determine a training max based on the results.

Our introductory athletes seek to establish a max in their first summer, advanced seeks to set PR's.

2025 RESULTS
SUMMER SUMMIT
HAMMOND-HENRY HOSPITAL

Matthew's Story: The Marine Who Was Already There



TREAT A MAN AS HE IS, AND HE WILL REMAIN AS HE IS. TREAT A MAN AS HE COULD BE, AND HE WILL BECOME WHAT HE SHOULD BE."

— Ralph Waldo Emerson

The student who first showed what SBT could truly produce was Matthew Dye, one of the early athletes in the program during my time at Madison Academy.

After his football season ended, Matthew walked up to me and said he wanted to train. He and a few of his peers started coming in with me at 5:30 in the morning, five days a week, by their own choice. Not everyone understood it. Some adults at the school openly questioned why he would even try. But Matthew kept showing up.

He made real, visible changes. He lost 30 pounds through the program. And when our time training together came to an end, his journey was only beginning. Matthew set a new goal – to become a United States Marine. To get there, he would need to lose nearly 50 more pounds on his own. He did it. He was confirmed, he enlisted, and he graduated as a Marine.

That Marine was always inside him. SBT did not create him – it gave Matthew the tools, the discipline, and the belief to carve that identity out for himself. The weight room was just the first place he learned what he was capable of.

If your fitness journey ends when you leave our program, we've missed the mark. The goal isn't to be "in shape for a season." The goal is to be fit for life—and to know how to apply what you learn in the weight room to every area of your life.

Russell's & Edward's Journey: The Standard Continues



That same spirit of transformation has carried over here to Geneseo. Transformation does not stay with one person. It spreads.

In the 2023–24 school year, after football ended, Russell Brown decided to make changes in his daily life. There was no external requirement, no class grade attached, no spotlight. It was his choice.

Russell kept coming back to class and put in the work.

Day after day, he put in the work. He changed how he moved, how he trained, and how he took care of himself outside the weight room. Over time, the physical changes were obvious—but what mattered even more was his ownership of his own life and direction.

And it didn't stop with Russell.

His example lit a spark. In the 2025–26 school year, another student, Edward “Eddy” Besette, chose to walk that same path. Unlike Russell, Eddy wasn't in athletics—he was a regular student who didn't have that built-in structure—but he still saw what was possible, made the decision for himself, and committed to his own transformation. Russell's journey created a blueprint Eddy could follow—and now Eddy's story will become a blueprint for the next student who needs to see that this kind of change is possible.

What This Means for Parents and Our Community



Yes, our students are getting stronger, faster, and better prepared for their sports. But the stories that matter most are the ones about courage, consistency, and character.

In our weight room, students are learning to:

1. Show up when it would be easier to sleep in.
2. Take responsibility for their own health and effort.
3. Set goals that extend beyond a season or a scoreboard.
4. See themselves as capable of more than what others might expect.

For parents, that means when your child walks through our doors, we're not just coaching them for the next game. We're coaching them for the next chapter of their life.

For our community, it means we're investing in young people who will carry these habits—honor, accountability, resilience, discipline, and a sense of belonging—into classrooms, workplaces, families, and teams all over Geneseo.

The next transformation story is already in the room.

It might be your son or daughter. It might be a neighbor's kid. Our commitment is to treat every one of them not just as who they are today, but as who they can become.

COMMIT TO THE PROCESS.
COMPETE DAILY.
BECOME A STRONG
COMMUNITY.



If your transformation journey ends when you walk out of our program, we have failed you. The goal is to teach you how to apply these principles – discipline, consistency, identity – to every area of your life, for the rest of your life. Our job is not to be your source of motivation forever. Our job is to make you someone who no longer needs us to find it.

Matthew Dye became a Marine. Russell Brown built something from nothing, and someone was watching. Eddy Besette wrote the next chapter.

The work continues.
The line keeps going.

And every student who walks through those doors carries the potential of who they will eventually become.

Through the Wellness and Summit programs, you are one choice away from taking the first step in your own transformation journey.

Just know you are not alone; we are all in this together.

This is us.

This is what we do.

We are Geneseo Strong!

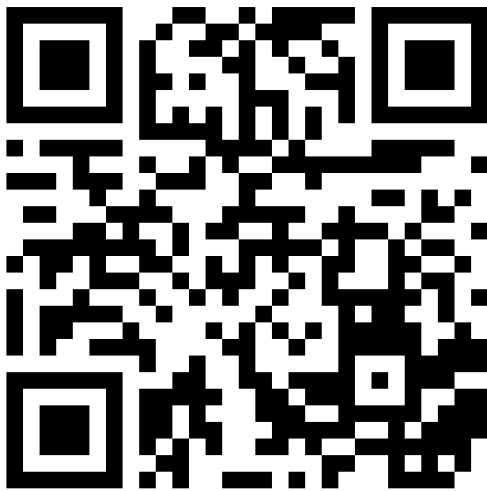


MOBILITY-FLEXIBILITY
STRENGTH-SPEED
POWER-ENDURANCE
FUN-GAMES





SUMMER SUMMITS



SCAN ME

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The Summit
A PERFORMANCE ENHANCEMENT PROGRAM

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