

## Top 10 Questions About the Sports Performance Program

### **How old does my child have to be to join the athlete program?**

Athletes must be at least 11 years old or in the 6th grade (No exceptions) to join the middle school program.

### **My child is in 8th grade — Should they sign up for the middle school or high school group?**

All 8th graders should sign up for the middle school program. All high school groups are 9th - 12th grade.

### **How long is each workout?**

Training sessions are 60 minutes.

### **How many days per week should my child train?**

Most athletes train 2–3 days per week. Frequency is guided by age, sport demands, and time of year.

### **What does a typical training session include?**

Sessions include movement prep, plyometrics, speed, power and strength work and finishes with conditioning. All programming follows a long-term athletic development model.

### **Can my child train during their competitive season (in-season training)?**

Yes. In-season training prioritizes strength maintenance and durability so athletes can perform and stay healthy throughout the season.

### **Will my child work with the same coach every session?**

Athletes will be working with the same coach every session to ensure consistency and continuity just like a team sport practice. This is why at registration; an athlete commits to preset times/days for the season.

### **Is this program appropriate if my child is new to strength training?**

Yes. Athletes are taught proper movement patterns and technique before progressing intensity or load. Properly coached strength training is safe for all athletes, supports their performance, and reduces the risk of injury.

### **Do you tailor the program to my child's sport or position?**

Our training focuses on building strong, fast, and resilient athletes no matter what sport they play. Adjustments are made based on injuries, movement quality, and any other individual needs.

### **Are all groups co-ed?**

Yes, all of our athletes train together.