Strength and Conditioning sessions have commenced in the Sarto Gym. A reminder, the morning session stars at 7.15 am sharp and concludes at 8:05 am (this allows students ample time to change into full school uniform). *The after-school evening session starts at **3.30 pm sharp** and concludes at 4.30 pm. Students must be in their school uniform or full sports uniform when leaving the gym.* During the first week back students can expect each session to have a 15-minute safety and general program induction in which coaches will explain the new program structure and specifically go over technique and skills and gym safety. **It is during this time students MUST have their permission form signed by a coach**.

Due to ongoing building construction, there will be no wifi or pre booking system available in the Sarto Gym until Week 4. Therefore, to ensure appropriate numbers and to allow quality use of facilities, during Week 1-3 students have been allocated training times for each year group. Please respect the scheduled times. Students will be asked to leave if they are not in their correct time slot.

	7.30 am - 8.05 am	3.30 pm - 4.30 pm
Monday	9-12	7-12
Tuesday	7-8	9-12
Wednesday	7-12	9-12
Thursday	9-12	7-12
Friday	7-12	Facilities are not open

To use the facilities and to participate effectively, students must adhere to the terms:

Students are required to:

1. Fully engage in Strength and Conditioning programs and apply themselves to assigned S and C program by their coach.
2. Comply with the rules, gym etiquette and expectations of St Pius and all staff, coaches and mentors. (3 strike policy).
3. Wear the appropriate uniform during S and C training sessions and on all occasions and bring a sweat towel (NO TOWEL NO TRAIN).
4. Not to use phone inappropriately during training.
5. *Upload a signed permission form from a S and C Coach and parent to TeamBuildr.*

Parents, please read the following (including document links) with your son

[S and C Manual 2023](#) - The S and C Manual explains what the program is, the expectations we have within the program, s and c programs, terminology and the level each student should work towards in succession to his training.

[Strength and conditioning student agreement](#) (Year 7 - 10s MUST read with parents and return to coach to sign).

A reminder students must book their training time slot through the GymStudio which can be found on the school's intranet page as of Week 4. Gymstudio is online booking/management software has been integrated with Teambuildr. If students are unable to reserve a position on GymStudio it means the time slot is full and they will be placed on a waiting list. If students have reserved a spot and are unable to make their booked session, they MUST cancel on the app to allow the waitlisted students an opportunity to train. The program operates on three strike policy, students are required to attend all the sessions they register to.

If students demonstrate unfavourable behaviour within any aspect of school or obtain 3 missed sessions, they will not be able to use the facilities for the remainder of the term. Due to safety reasons;

Students in Year 7 and 8 **must** adhere to the specific training programs provided by S and C coaches. If students do not apply to the programs, coaches reserve the right to remove them from the session.

PROGRAMS

Teambuildr is a platform that allows coaches to easily track and record progress It is a great way for students to view their set program and receive gym notifications (ie testing week, or the 'gym is closed'). To reduce injury and to manage student performance, students must sign up to their respective program.

Program review:

1. *Year 9 - 12 Rugby* students will continue with their Preseason program. Their In-season program will commence early April.
2. *Generic program* provides a series of strength programs and students must sign up to this join code if they if they are not in the Year 9-12 Rugby.
3. *Year 7 - 8 Preseason* program provides a series of body weight and light weight exercises (using kettle bells and dumb bells). To ensure variety, This program will be modified in term 2.

Information to join Teambuildr is below:

STUDENT ATHLETES:

- **Download the Teambuildr App to your phone.**
- **Enter the EASYJoin Code: XXXXX and Password: XXXX as per codes below.**
- **Complete the profile information.**
- **You MUST put a photo of your face.**
- **In the block for your last name it should be enter with your Grade in front of your last name eg. (9) Smith   DO NOT PUT THE GRADE AFTER YOUR FIRST NAME.**
- **Make sure you have your Gender, Phone number entered, and Notification turned on.**
- **Once you have this information entered, hit SUBMIT. From this point on, your EMAIL and Password you choose will be the way you log in to TEAMBUILDR"**

DESCRIPTION	JOIN CODE	PASSWORD
Rugby 7-9	EYFX-WXYC	BLQ3W0ST
Rugby 10-12	TUHG-SDMX	W0WLXGOG
Generic Sarto	BDTH-DFI7	ZUH3ITHR