

### *New Sarto booking system.*

A reminder students must book their training time slot through the Sarto gym link which can be found on the school's intranet page as of Week 7. This is an internal online booking/management system which will be saved to the student's school calendar. On arrival at the gym, the student must sign in via the Teambuildr platform (the check in system will be accessible on the gym iPad). If students are unable to reserve a position it means the time slot is full and they will have to actively check if a position becomes available due to another student's cancellation. To ensure safety and a quality training session, the maximum number of students in the facility is 25. If a student turns up and they are not on the book in list, they will be asked to leave.

Sessions times are:

	7:15- 8:10	3:30-4:30
Monday	OPEN	OPEN
Tuesday	OPEN	OPEN
Wednesday	OPEN	OPEN
Thursday	OPEN	OPEN
Friday	OPEN	CLOSED

If students have reserved a spot and are unable to make their booked session, they **MUST** cancel on the platform 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. Please see below the respective join code.

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 Years 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**

Team builder 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 9-12 rugby.
3. *7-9 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. Students can discuss with coaches modifications of their program if they would like to avoid weight bearing activities.

**Information to join team builder is below**

**STUDENT ATHLETES:**

1. **Download the Teambuildr App to your phone.**
2. **Enter the EASYJoin Code: XXXXX and Password: XXXX as per codes below**
3. **Complete the profile information.**
  - A. **You MUST put a photo of your face.**
  - B. **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.**
  - C. **Make sure you have your Gender, Phone number entered, and Notification turned on.**
4. **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 / Intro Yr 7 – 9	EYFX-WXYC	BLQ3W0ST
Rugby Yr 10 – 12	TUHG-SDMX	W0WLXGOG
Generic Sarto	BDTH-DF17	ZUH3ITHR

[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](#) (7/10s MUST read with parents and return to coach to sign).