

Strength and Conditioning

Strength and Conditioning Programme

Coordinators Mr David Jones & Ms Gillian Wallace

St Andrew's College runs strength and conditioning programmes which are available to all our students. The aim is to produce students who want to grow up healthy, strong and have a lifelong love of working out thus avoiding the common problems associated with childhood inactivity and obesity.

Training includes

Bodyweight movements (Push-ups, Pull-ups, dips, lunges, Squats, Box Jumps)

Primal movement patterns (Push, Pull, Carry, Load, Throw, Flip, Run, Row, Jump)

Prehab assistance movements.

When training ability, experience and age allows,

Major weightlifting movements (Press, Squat, Bench, Deadlift, Clean, Snatch)

We use the above combined with proven training principles, (progression, variation, overload, specificity, individualisation, periodization) to improve

Strength	Coordination	Agility and Balance
Power	Stamina	Flexibility
Speed	Work Capacity	Muscular endurance.

The goal of the programme is to support the specialist i.e. strength and conditioning for our team players but reward the generalist. There are many reasons why a team sport may not suit a particular individual; we believe that every student should have the right to pursue a fitness goal outside of the traditional team sports. Students should check the strength and conditioning section on the sports notice board for all further information

General Physical Preparedness is the primary goal of the programme, and is the foundation for the more specialised goals of the specific sport student athlete.

