April 2011

MBBC Strength and Conditioning Program Overview

MBBC now has a fully operational gymnasium, with thanks to the P&F for their fundraising efforts towards this.

The equipment will be used to prepare students for the physical nature of organised sport. A program has been developed to cater for students in Years 5 - 12, which gradually introduces students to resistance training and conditioning exercises.

The focus of the MBBC strength and conditioning program is to develop joint stability, limb control, core strength and general strength. Once these components are consistently performed with correct technique, athletes are then able to perform more specific movements as required by the sports they play.

The program created has a long-term approach of preparing athletes to be life-long participants in physical exercise and sport. By focusing on the key elements of joint stability, limb control, core strength and general strength, the program is not only designed to prepare athletes for the rigours of sport, but prevention of injury.

There are six distinct exercise groups at each level of the strength and conditioning program:

1. Push-up group
2. Pull-up group
3. Squat group
4. Split leg/lunge group
5. Hover/plank torso group
6. Sit-up group

Resistance training is used in all the above exercise groups, beginning with the resistance of body weight. Body weight resistance training can be modified to suit the individual ability of the athlete, as will be undertaken at different stages of the strength and conditioning program.

The strength and conditioning program deals primarily with beginning athletes, and focuses on high repetitions when performing movements or sets of movements.

Students are to progress from each level based on:

- Correct technique consistently demonstrated.
- Ability to perform the exercises in the required set and repetition range and
- Age (generally).

Students will participate in strength and conditioning exercises based on their school year level. Training sessions will vary each term and students will be responsible for checking the timetables and arriving on time.

continued overleaf…
Briefly, the exercises students will perform are indicated below;

<table>
<thead>
<tr>
<th></th>
<th>Years 5 and 6</th>
<th>Years 7 to 9</th>
<th>Year 10 to 12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Push-up group</strong></td>
<td>Wall, step and floor push-ups</td>
<td>Push ups with increase range of movement,</td>
<td>Weight resisted exercises (bench press, push ups)</td>
</tr>
<tr>
<td><strong>Pull-up group</strong></td>
<td>Thoracic pull-ups – incline to horizontal (reverse push-ups)</td>
<td>Assisted to unassisted chin-ups</td>
<td>Chin-ups Lat-pull downs Seated row</td>
</tr>
<tr>
<td><strong>Squat group</strong></td>
<td>Bodyweight squats</td>
<td>Medicine ball squats Overhead squats (broom)</td>
<td>Front squat Back squat Overhead squat</td>
</tr>
<tr>
<td><strong>Split leg/lunge group</strong></td>
<td>Standing split squats</td>
<td>Assisted to unassisted single leg squats Walking lunges</td>
<td>Single leg squats Lunges</td>
</tr>
<tr>
<td><strong>Hover/plank torso group</strong></td>
<td>Front, side, back hover</td>
<td>Front, side, back hover with increasing difficulty</td>
<td>Front, side, back hover with increasing difficulty</td>
</tr>
<tr>
<td><strong>Sit-up group</strong></td>
<td>Core stability</td>
<td>Core stability with increase difficulty</td>
<td>Core stability with increase difficulty</td>
</tr>
<tr>
<td><strong>Whole body exercises</strong></td>
<td></td>
<td></td>
<td>Cleans Snatch Deadlifts</td>
</tr>
</tbody>
</table>

*Mr Jack Pincott*
**Strength and Conditioning Coach.**

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**Strength and Conditioning Permission Slip**

Student Name: _______________________________________________ Year Level: _____________________

Student date of birth: ___________________ Parent Contact number: _______________________________

☐ I give permission for my son to participate in the Strength and Conditioning program at MBBC

☐ I understand that my son will be expected to listen to instructions given and that participation in this program is reliant on his appropriate behaviour and conduct.

*Please note that inappropriate behaviour may result students being excluded from this program.*

☐ Please advise if your son has a medical condition (such as a heart murmur or asthma) which may affect his full participation in this program.

____________________________________________________________________________
____________________________________________________________________________

Other information: ________________________________________________________________

Parental Signature: ___________________________________________ Date: ________________

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