

SAINT STRONG

Programme Foundation

The Saint Strong programme foundation creates the bedrock for the pillars of the programme. We use these pillars as the basis off which we judge the effectiveness of our athlete development programme. We believe that simple structures adhered to with understanding provide the optimum environment for an adolescent to develop holistically within.

Morale Values

Honesty: Athletes communicate honestly and give 100% effort at every session.

Trust: The athlete earns the coaches trust by listening and working hard.

Dedication: Consistent work ethic is required to achieve success.

Systematic Process

Safety: No athlete ever gets injured in the programme.

Simplicity: Programmes are simple and effective with clear aims observable.

Test - Re-Test: Visual and data realisation of performance progress is simple.

Mantras

Progression: Step by step pathway ensures clear alignment in programming.

Consistency: Results are not achieved in a day. Attendance is critical.

Challenge: Athletes push themselves to be the best they can be.