

Training Principles

1. Do No Harm

Our most important goal is to keep participants healthy and progressing as athletes.

Our progression-based system revolves around this principle, by carefully selecting and “periodising” training variables with the goal of mitigating the risk of injury and improving performance. With mastery over one’s own bodyweight, controlling single limbs, and an increased work capacity athletes are able to progress into general strength in compound exercises, introduction to power and speed drills, and higher intensity conditioning methods. We aim to encourage mature and resilient student-athletes and teams through high expectations, recognition, and positive reinforcement.

2. Get Stronger & Address Imbalances

We stress the basics of strength and put a priority on controlling one’s own bodyweight.

We believe in consistent, basic, progressive strength training that follows a strict progression with exercise selection based on 5 levels to ensure proper lifting technique. Our goal is to balance out the movement patterns and emphasise the importance of all movements.

3. Move Better

Proper movement patterns, posture, and alignment are often the missing links to feeling better, moving better, and getting stronger.

We first assess joint function and movement through a movement screen. Then, we apply corrective exercises, tissue treatments, mobility, stability, and flexibility drills to the pre or post-workout period. Finally, we re-assess movement to gauge improvement.

4. Improve Athleticism and Sport Performance

The benefits of learning different motor skills and movement patterns from one sport can carry over to others.

We aim to develop a level of physical literacy that can allow our athletes to be adaptable.

We train each participant like an athlete, and only make small adjustments between sport teams’ programs. These differences are more seasonal, age specific, and environment specific than sport specific. All athletes should be able to run, jump, change direction, push, pull, twist and understand how to use their body.

5. Prepare for the Next Level / Life

Athletes from St. Michael’s College will enjoy activity whether at a club, university, provincial or national level.

It is our goal to effectively prepare our athletes for the next stage in their active lives. If our athletes have become proficient with basic movement patterns, are mobile and stable, and have a strong core and posterior chain, then club and university coaches will be able to more effectively train these athletes. Other preparation methods include proper nutrition, recovery methods, and mental preparation. Our athletes will learn how to eat right, sleep better, and how to show good sportsmanship. We also believe that morning workouts are essential to senior cycle training, and prepare athletes for morning training at the club / university level. Once athletes and students have learned the basics of nutrition, sleep, and training, they will be able program their own workouts and live a healthier lifestyle.

