Mission

Our mission is to provide students and student-athletes an opportunity to learn and train in a safe environment. We are committed to improving technique and performance while helping to prevent injury and encourage lifetime fitness.

Goals

To teach form and technique for safe and proper use of equipment
To improve physiological function, strength, and performance
To reduce the risk of fitness and sport-related injuries
To instill confidence and to improve self-esteem for personal growth
To promote the benefits of lifetime fitness and long-term athletic development

Objectives

Design and administer speed, power, and strength programs that improve performance and reduce the risk of injury
Design training programs that focus on speed, power, strength, with the addition of hypertrophy, muscular endurance, cardiovascular endurance, agility, coordination, and balance
Educate students and student-athletes on the benefits of strength and conditioning, performance training, and safe and proper use of the fitness center and auxiliary equipment
Partner with teachers, coaches, and the Athletic Trainer to provide the best care for our students, our student-athletes, and our teams

Software

The Strength & Conditioning programs use TeamBuildr, a platform that is mobile and accessible from any device, allowing students and student-athletes access to their workouts. This software also records and tracks their progress throughout the semester or season.

Questions? Please contact Coach Elia Stanfield: estanfield@hockaday.org