

2023-2024 Sting Club Season

CLICK Training Link Below To Upload Sessions To Account

- <https://train.trainap.net/packages/26040/purchase/>

How To Schedule Individual Sessions

- Download Athlete Performance App
- Login or create account
- Click on “Booking” tab
 - Select who you are scheduling for
 - Make sure to share package with dependents if scheduling for them
 - Select location
 - Select time slot – look for **AP Strength and Conditioning**
 - Book session
 - We will see athlete on schedule and be ready to go. Over the first couple of weeks assessments will be conducted
 - After that every 6 weeks will be a MET week. This will be announced via social media and at the gym

Team Training Schedule

- This is done online by the coaches
- Teams will be able to come in before or after practice for a 30 min team session
 - Focus on prehab and injury prevention exercises
 - Mobility & core
 - Dynamic movements & motor pattern development

Online Program

- Will have access to an at home program through the app
- Bodyweight movement
 - Volleyball specific exercises for at home
 - **Based on NSCA Conference with Kevin Schultz (Badger Strength and Conditioning Coach) that all Athlete Performance trainers attended**

Assessments

- MET assessments will be reconducted with athletes who have a consistent training schedule to show development
- To have a reassessment done an athletes must have attended at least 14 sessions in a 6 week time frame

Contact Information

- Athlete will have multiple trainers working with them, so don't hesitate to reach out to any of us with questions
 - Logan@trainap.net (Manager)
 - Boston@trainap.net (Head Strength Coach)
 - Tyler@trainap.net (Head Strength Coach)