

Useful Strategies for Starting or Expanding A Strength and Conditioning Program at YOUR School

Jesse Roest



2022 National Athletic Directors Conference

Interact with Us

- Your info
- School, Location, Size
- Describing your current weight room
- How your school integrates S&C
- Q&A



Our Story





Coach(es)

- Lifters
- Role Models
- Communicators
- Patient





Bearspaw Christian School

Weight Room

- Philosophy
- Layout
- Equipment
- Budget/Revenue





Bearspaw Barbell

- Extra-curricular club
- Focused goals
- Inclusive
- Special events



Grizzly Games



**MAY
26TH
27TH**

**BEARSPAW CHRISTIAN SCHOOL
15001 69 ST NW CALGARY**

DAY 1 // 6:30PM
POWERLIFTING
SQUAT
BENCH PRESS
DEADLIFT

DAY 2 // 6:30PM
STRONGMAN/STRONGWOMAN
HARNES YOE PULL
AXLE CLEAN & PRESS
SLED PUSH / KEG CARRY MEDLEY
SANDBAGS OVER BAR



CONTACT US: [JESSE.ROEST@BEARSPAWSCHOOL.COM](mailto:jesse.roest@bearspawschool.com) OR [@BEARSPAWBARBELL](https://www.instagram.com/bearspawbarbell)



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Strength & Conditioning Option

- Optional class
- Progressions
- Lots of Q&A
- Self-Graded





Sports Performance

- Option class
- Credit pathway
- Flipped classroom
- Pillars chart





ACTIVE RECOVERY

USEFUL TOOLS:	
ROLLERS	WALKING
SPORT BALL	HIKING
STATIC	CYCLING
STRETCHS	BASKETBALL
BI-PHASIC	VOLLEYBALL
STRETCHES	FROGEE
YIN YOGA	SPIKEBALL
BANDS	FOOTBALL
CABLES	SLED WORK
LIGHT	
WEIGHTS	

Resource Share

- [Return to Lifting Protocols](#)
- [Barbell Guiding Principles](#)
- [Barbell Waiver Form](#)
- [Long Range Training Plan](#)
- [Monthly Training Log](#)
- [Grizzly Games Scoresheet](#)
- [Sponsorship Template](#)
- [Jr. High Options Course Outline](#)
- [Self-Graded Rubric](#)
- [CTS Credit Pathway](#)
- [Sports Performance Pillars](#)
- [Sports Pro Training Block 1](#)
- [Training Rubric](#)
- [Basic Competencies Rubric](#)
- [Training Plan Rubric](#)



My Contact Info

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