Menlo School Strength and Conditioning FAQs
Here are answers to some frequently asked questions.

1. **What are the benefits of a strength and conditioning training program?**

   Strength training can help prevent injuries, and speed up recovery.
   Strength training can help all kids and teens build healthy muscles, joints, and bones. With a properly designed and supervised program, students can improve endurance, increase fitness levels, and perform at a higher level in their sport.

2. **Is my child too young to do a strength training or conditioning program?**

   Generally, if your child is ready to participate in organized sports, such as football, volleyball or swimming, it’s safe to start strength training. A youth strength and conditioning program should not be a stripped-down version of an adult’s training program. At Menlo School we have certified professional strength and conditioning coaches, working with students, to design a program suited for their sport, to show proper technique, safety precautions, and appropriate equipment use. Children as young as 7 or 8 years old can do strength-training activities (such as push-ups, body weight squat, and pull-ups) as long as they show some interest, can perform the exercises safely, and follow instructions. These exercises can help build body awareness, balance, and control.

3. **Do you weight load the child the first day of training?**

   Specific exercises should be learned without resistance. When proper technique is mastered, small amounts of resistance (body weight movement, medicine balls, or dumbbells) can be added. A general rule to follow is when kids get older and stronger; they can gradually increase the amount of resistance they use. An experienced strength and conditioning coach can help determine the appropriate resistance.

4. **What type of safety training do the Menlo Strength and Conditioning staff members have?**

   At Menlo School, we hold high standards. Each member of the Menlo School strength and conditioning staff is certified by the National Strength and Conditioning Association (NSCA) and must be a Certified Strength and Conditioning Specialist (CSCS), which is one of the highest accreditations a strength and conditioning coach can earn.

5. **How many days a week should my child participate in a strength and conditioning program?**

   Two to three training sessions per week on non-consecutive days is sufficient. Consistency is the key to success.