

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.