



1. Do frosh teams lift? If so which ones...

Freshman teams, in general, do not lift or engage in Spartan Performance Training in the Performance Center during in-season. The SPT 101 is customized to allow for development and learning thus allowing for it to be participated in during in-season and even on game days at that level.

2. What happens if my son plays a fall/winter/spring sport?

No problem. The only time there may be an issue is if your sport plays / practices in the morning. If this is the case, you should sign up for another session during a different season.

3. Does this effect my chances to play another sport?

No. All sessions are geared towards development and teaching. Therefore, athletes will be able to play in-season sports while performing SPT 101.

4. What happens if I can't make all of the sessions?

If enrolled in the clinic it is expected that each athlete attends all sessions. However, in the event that the athlete is not able to attend you must email Coach Wine. We understand that things come up so we can remain flexible but if a student-athlete misses frequently they will be asked not to participate in the clinic. If a student-athlete is removed for absences, they may sign up for future sessions.

5. Is Spartan Performance Training 101 a Class?

No. It is a clinic designed to safeguard Spartan Athletes from injury while enhancing their athletic potential. It is strongly recommended that all Spartan Freshman Athletes take this clinic.