



FRESHMEN WEIGHT ROOM ORIENTATION

Session 1: Monday March 19, 7-8:00 p.m.
Session 2: Tuesday April 10, 7-8:00 p.m.
Session 3: Thursday April 19, 7-8:00 p.m.
Session 4: Tuesday May 29, 7-8:00 p.m.
Session 5: Thursday May 31, 7-8:00 p.m.

St. Xavier High School offers wellness and strength and conditioning programs for all students. In order to create a safe environment we ask all students to go through a weight room orientation in order to use the facilities. This program is designed to help educate and inform the freshmen of the potential risks associated with using the facility and to provide an overview of rules, regulations and policies for utilizing the facility.



WHERE:

**Saint Xavier High School
Weight Room**

WHO:

**Orientation is for all
incoming Freshmen
who plan to use the
facility
(class of 2022)**

WHEN:

**Monday, March 19th
Tuesday April 10th
Thursday, April 19th
Tuesday, May 29th
Thursday, May 31st**

COST:

\$10 for group session.

**To sign up Mail
Registration Form to:
Freshmen Orientation
c/o Ben Yauss
Saint Xavier High School
600 North Bend Road
Cincinnati, OH 45224**

**Make checks Payable to:
Saint Xavier High School
or register online at
stxsportscamps.com**

**For Further information:
Contact Ben Yauss
P: 513-310-4637
E: byauss@stxavier.org**

CAMP STAFF

Ben Yauss- Ben is recognized as a leader in human performance and athletic development through design and implementation of a safe, competitive and educational training program designed to enhance performance while decreasing the likelihood of injury. Ben served as the Head Strength and Conditioning coach for the LA Galaxy from 2009-2014. He also worked with EXOS (formerly Athletes Performance) who are recognized as the leader in integrated performance training, nutrition, and physical therapy for elite and professional athletes. At EXOS, Ben worked with over 300 professional athletes including those from the NFL, NBA, MLB, and NHL while also serving as High School and College Prep Program director and the regional oversight leader for the US Olympic Committee. Ben is currently the Director of Strength and Conditioning at St. Xavier High School, The Director of Sports Performance for FC Cincinnati, and a consultant for Ignition Sports Performance in Mason.

CAMPER INFORMATION

Name _____
Phone Number _____
Email Address _____
Sports Played _____

EMERGENCY CONTACT INFORMATION

Name _____
Phone Number _____

Check Orientation/Option attending:

Monday March 19
7:00-8:00 p.m. _____

Tuesday April 10
7:00-8:00 p.m. _____

Thursday April 19
7:00-8:00 p.m. _____

Tuesday May 29
7:00-8:00 p.m. _____

Thursday May 31
7:00-8:00 p.m. _____

