

To All Freshmen Parents,

Welcome to the St. Xavier family. My name is Ben Yauss (02') and I am the Director of Strength and Conditioning here at St. Xavier. On behalf of myself as well as my staff, I am looking forward to getting to know and work with all of your sons over the next four years.

Our mission as a Wellness and Strength and Conditioning staff at St. Xavier Strength is dedicated to assisting young men in their formation and becoming Men for Others by providing all student-athletes and the student body as a whole with a comprehensive, safe, educational and effective sports performance and wellness program that optimizes athletic ability, reduces injury, and educates and informs our students on how to follow and live a healthy lifestyle. We do this by using an integrated training system that incorporates performance training, injury prevention strategies, screening, testing and sports science. Our programs are created to build strength and power while addressing areas of dysfunction and asymmetry to help decrease the risk of injury. Combining strength, speed, mechanics, flexibility and endurance, we look to provide our athletes and teams with the tools needed to perform at their highest level and capacity both in the classroom as well as on the athletic field.

As part of this mission and in order to provide a safe environment that allows our students the freedom and resources to excel, we have created a Freshmen Orientation Program to provide the students with an overview of the expectations, rules, regulations and policies for utilizing the wellness center and weight room facility. Safety is our number one priority and concern. In order to make sure that our students are put in situations to be successful, we ask all students to go through a weight room orientation program before they are to utilize the facilities and equipment at the school. This program has been put in place to help educate and inform our student body of the potential risks associated with using the facility, with proper form and technique, with guidelines for how to insure safety in the facility and to make sure that we are all on the same page with proper treatment and behavior when using the facility and equipment.

Whether you are a student who plans on participating in a sport at St. X or a student who wants to learn how to live a healthy lifestyle, we encourage and recommend that all students take advantage of the facilities and resources we have at the school. In order to protect our school, we ask that **NO** student will be in the facilities until one of the following has occurred:

- 1.) They complete the freshmen orientation program during one of the group dates listed below.
- 2.) They complete a one-on-one freshmen orientation program with Ben Yauss.
- 3.) They are enrolled in a PE Core class. *(Note this doesn't occur until sophomore year so students will not be able to access the facilities their freshman year)*

Students may sign up for team specific programs prior to this, but we ask that attend an orientation class prior to participating with those groups or teams. This will primarily impact those students looking to participate in summer workout programs with all of our programs.

The following dates have been set aside for the group orientation programs. The program will last roughly 60 minutes and will walk the students through all rules, regulations, proper technique on exercises, how to spot, how to clean, and all other policies of the facility.

Monday, March 19	7-8:00 p.m.
Tuesday, April 10	7-8:00 p.m.
Thursday, April 19	7-8:00 p.m.
Tuesday, May 29	7- 8:00 p.m.
Thursday, May 31	7-8:00 p.m.

The cost for the program is \$10. Participants can sign up online at <http://www.stxsportscamps.com> under the Freshmen Weight Room Orientation tab or by turning in the attached paper work to the St. Xavier Athletic office with a check made out to St. Xavier High School. If your son is unable to make one of the group orientation sessions, an individual appointment with Ben Yauss must be scheduled. Please note that those times will be limited.

All questions may be directed to Ben Yauss at byauss@stxavier.org or by phone at 513-310-4637.

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 as well as Director of Sports Performance for FC Cincinnati.

CAMPER INFORMATION

Name _____

Phone Number _____

Email Address _____

Sports Played _____

EMERGENCY CONTACT INFORMATION

Name _____

Phone Number _____

Check Orientation/Option attending:

Tuesday March 7
7:00-8:30 p.m. _____

Thursday March 16
7:00-8:30 p.m. _____

Saturday March 25
11:00-12:30 p.m. _____

Unable to attend/Will schedule one on one _____