

FAQs & Commonly Asked Questions

1. What is the 12 Week Athlete Development Program?

The 12 Week Athlete Development Program is a comprehensive training program designed to help athletes develop key foundational skills in speed, strength, power, and overall athleticism. It is specifically tailored for athletes involved in sports such as basketball, netball, football and soccer, and is conducted entirely online for flexibility and convenience.

2. Who is this program for?

The program is designed for athletes aged 15 to 18 years old who want to improve their physical performance, enhance their game, and reduce the risk of injury. The program requires access to a standard gym set up and is recommended for athletes with 1-2 years of lifting experience.

3. How does the program work?

The program is delivered through an online platform, where athletes have access to:

- Weekly training plans that focus on strength, speed, power, and conditioning.
- Video demonstrations of exercises
- Progress tracking via spreadsheet
- Online administration support

4. How do I access the workouts?

Once you register, you will receive a downloadable file with our training program. You can access your workouts via your computer, tablet, or smartphone at any time.

We recommended printing the sheet off and recording your data each session.

5. What equipment do I need?

The equipment needed will vary depending on the phase of your training. However, for most of the workouts, you will need:

- Basic strength equipment like dumbbells, barbells, squat rack and resistance bands.
- Access to a space for running and jumping skills (such as a field, court, or gym).
- A mat or open space for mobility and flexibility work.

If you don't have access to certain equipment, alternative exercises can be provided via email support.

6. How long is the program?

The program is structured into 3 x 4 week phases. Each phase is designed to progressively challenge the athlete while allowing time for recovery and adaptation. Athletes can continue through multiple phases depending on their goals and off season length.

7. How much time do I need to commit each week?

The program requires a commitment of 3 sessions per week, each lasting approximately 60-75 minutes. However, you can adjust the schedule to fit your availability.

8. Can I do the program alongside my team training?

Yes! The program is designed to complement your team training. The focus is on enhancing your physical performance in areas such as speed, strength, and agility, which directly benefits your performance in your chosen sport.

9. Do I get personalized feedback from a coach?

We do not offer direct feedback from a specialist coach, however we do provide online administration support if you have any questions or concerns.

10. What if I have questions or need help during the program?

You will have access to our online support staff, where you can ask questions and get assistance if required. Contact info@srasportstherapy.com.au for more information.

11. How is my progress tracked?

You can track your progress by printing off the spreadsheet and recording your data manually.

12. How do I sign up?

To sign up, simply visit our [website](#) and fill out the registration form. After completing the sign-up process and payment, you will receive an email with your downloadable file and instructions on how to get started.

13. What are the costs of the program?

This program has a once off cost of \$149

14. What if I have to pause or miss part of the program?

If you need to take a break due to injury, vacation, or any other reason, we suggest starting the phase again from week 1.

Email: info@srasportstherapy.com.au

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Mobile: 0455 377 199

15. Is there a refund policy?

No, we do not offer any refunds for purchasing our program, please ensure you are committed to becoming the best athlete you can be before signing up to our program.

16. Can I refer a friend to the program?

Absolutely! We encourage athletes to refer friends and teammates.

17. Sharing the program

We strongly suggest completing this program with a friend to help you stay motivated and disciplined. Although we can not stop you from sharing the program, we kindly ask that you follow an honesty policy and have your friends support our business by purchasing a copy.

Furthermore for everyone who downloads our program we receive a notification and contact ID, if we receive knowledge of our program being shared you will be blacklisted from any future programs.