

Strength and conditioning service provision in the wider Waikato region within high schools.

Monique van Dijk and Frans van der Merwe
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Background

Strength and conditioning programs are becoming more popular in the promotion of long-term athletic development (LTAD) in a high school setting. These programs have been proven to positively influence athlete development by reducing injury and improving performance and functional movement skills. The purpose of this study was to determine which high schools in the Waikato use these programs.



Methods

- 40 schools invited
- 14 (35%) directors of sport and head of department participated in an interview process
- 12 questions relating to:
 - School type & size
 - Strength and conditioning services offered
 - Perceived benefits of these services



Key Findings

There is still a demand for strength and conditioning service provision throughout the Waikato in high schools

100% of schools had a training facility or weights gym available

50% of schools had organized strength and conditioning programs

21% of all schools mentioned performance improvement as a benefit

43% of schools that utilized strength and conditioning programs noticed development and improvement of life skills (i.e. goal setting & time management)

71% of schools that had and **21%** of schools that did not have a strength and conditioning program responded that reduced injury rates were a benefit

