Mission Statement:
The Northeastern Sports Performance program is a sophisticated blend of science, technology, and nutrition. It also provides one-on-one attention to each student athlete to address specific needs. It is the goal of this program to inspire Northeastern Student athletes to make a consistent daily commitment to the physical preparation necessary to play their sport at the highest level throughout their entire athletic career as well as promoting lifelong wellness in each and every athlete. Student athletes will learn and benefit from numerous components that are not only critical to athletic success but are the same foundation for lifelong success. These components include strength training, speed development, power enhancement, improved agility, increased flexibility, optimal metabolic conditioning, and motivation.

Program Objectives

- To design and administer strength, flexibility, plyometric, aerobic, and other anaerobic training programs that reduce the likelihood of athletic injuries and improve athletic performance.
- To design and implement resistance-training programs that maximizes physical performance by using various strength training methods and modes.
- To select appropriate exercises for athletes that produce training outcomes specific to each athlete’s needs identified through Pre Participation Exam (PPE). To apply the principles of exercise sequence to ensure the desired training outcomes.
- To prescribe appropriate training volumes, rest periods, frequencies, and load resistance based on the athletes’ health status, strength and conditioning levels, sport, and goals of training.
- To design a strength and conditioning program that uses the principles of Periodization to meet the specific demands of a sport.
- To prescribe exercises that develop and maintain muscular balance between antagonistic muscle groups in order to decrease susceptibility to injury and enhance performance.
- To instruct athletes on how to execute resistance training exercises safely and correctly to obtain the desired results.
- To develop individual programs to account for biochemical and physiological differences among individual athletes, taking into account their age, gender, training status, physical limitations, and past injuries.
- To recognize acute and chronic physical responses and adaptations to training and their implications to the design of sport-specific training programs.
- To utilize information on body composition to prescribe training programs that bring about the desired results in body composition, hypertrophy, strength, muscular endurance, and cardiovascular endurance.
- To educate athletes on the importance of good nutrition and its role in health and performance.
- To educate athletes on the abuse and effects of performance-enhancing substances. Relevant school policy, legal legislation, and viable alternatives will be utilized.
- To provide a safe, clean, and properly-maintained training facility to maximize safe and effective training programs.
- To teach physical education students and staff to design and instruct training programs for all individuals and teams that will be using the facility.
- To obtain the most up-to-date training information and implement such whenever possible.
- To monitor all weight training sessions with certified instructors.
- To provide every coach, team, class, and staff member with a conflict-free time schedule.
Schedule
The schedule will be designed for each team which will include specific times and mandatory attendance. All teams will enter and exit together unless special circumstances designated by the coaching staff exist. All student athletes shall be dressed in team issued gear when they enter for training session 5 minutes prior for attendance and readiness questions. Teams will exit the room at the end of session as a group so global announcements and review of weight room order can be given. Team training sessions will be reserved in schedule at the request of a coach after group time has been confirmed by SASS. Training sessions may overlap and no team should ever have the expectation of having sole access of the facility. Coaches who opt to not utilize team training times can instruct student athletes to sign up for open training times.

An open training schedule has been designed throughout the week to allow for flexible training options around the academic and coop schedules. Open training times and signups are available for student athletes online. Open training times will be scheduled for makeup sessions, rehab, testing, additional training, and for faculty and staff workouts. Student athletes will be required to sign up for open times 24 hours in advance unless extra work is already scheduled with staff. All staff will be allowed to use the weight room during open training times provided that space is available. Former student athletes can use the weight room during open training times only after prior permission is granted from the director and appropriate paperwork completed. Any student athletes training in the Sports Performance facilities are required to perform prescribed workouts only – see section Northeastern Commitment to Health and Wellness.

Matthews Facility will be used by all Northeastern University teams during high priority training times to alleviate the schedule of the Cabot Facility. Teams using Matthews’ weight room will check in with the rink office to receive a locker room key. Student athletes will still report to training sessions 5 minutes prior to scheduled time and will bring locker room key with them to the weight room.

Men’s and Women’s Ice Hockey will have access to Matthews Weight room pre and post practice times for warm up and cool down routines. During scheduled training times of another varsity team student athletes from the hockey programs will be allowed limited access to the facility for the use of bikes and corrective equipment for warm up and cool down program only as long as equipment is not being used for scheduled team training. Student athletes are not permitted to use the weight racks or power blocks during any other teams training times or during non supervised training sessions. Student athletes from both programs will receive daily corrective work they can do prior, during, or following practice with the supervision of strength coach or athletic training staff only. During game days the weight room facility will be blocked for team warm ups 90 minutes prior to the start of the game. No other student athletes will be allowed access to the facility during game day warm ups. Failure to adhere to the scheduling policies of Strength and Conditioning Facilities will be documented and passed along to coaching staff, and be the responsibility of that staff to address student athletes.

Scheduling priority will be given to teams who pre arrange blocked times within student athlete’s class schedule through the SASS department in the same time manner as practice and competition schedules are finalized. SASS will submit blocked off time to Sports Performance at Coaches request once classes are submitted. Teams will be given priority to request times
also based upon the amount of time “away” from Competition/Playoff Season. Team size will play a slight role when making final changes to the schedule to ensure that the needs of our student athletes are met through an appropriate care level. It is important that our department be able to make changes that will ensure a positive flow is created through the department.

**Schedule Requests/Changes must be done within 48 hours of the session in question.**

Our department is constantly trying to improve the level of care we provide to your athletes as well as the support we are able to provide your staff. Through the past several years we have expanded certain areas of care that require back end support by our staff. Any changes to our master schedule create an enormous ripple effect through our schedule and require a number of variables to be adjusted – we ask that you help support us through constant communication and an understanding of the daily roles and responsibilities of our staff.

**Equipment**

All equipment must be inspected weekly. All damaged or otherwise faulty equipment will be documented and removed from circulation until repairs are made. All staff members will be responsible for the cleaning of equipment used after each training session. Teams should be instructed to clean the weight room and used equipment after each session and return all equipment back to proper positions.

**Equipment Sign Out**

Student athletes and coaches may sign out equipment from the strength department, however, a husky card will need to be left behind and assume responsibility for the signed out equipment. Teams that would like to sign – out equipment long term can do so through Dan Boothby. An itemized email just needs to be sent to Dan Boothby with the equipment being signed out along with the duration the equipment will be needed. PLEASE do not take equipment from the weight rooms or send athletes to take equipment from the weight room without signing the equipment out in the weight room office.

**Team Order Process**

The Sports Performance Department is happy to make recommendations for equipment, Nutritional Products, and other advanced recovery equipment. Our staff CANNOT place the orders and organize the delivery. We will request a quote from the vendor for the sports program and pass it along to Head Coach for approval and PO request.

**Training Attire**

Training Attire will consist of proper cross training foot wear, athletics shorts with Northeastern Branding & Athletic shorts with Northeastern Branding. It is expected that this attire is already on when athlete arrives to training session. Athletes will not be permitted to bring bags, phones, MP3 or music devices, hats, or gloves into the facilities. Shoes must be tied. This is our request of our student athletes when they report to work within our department. Failure to be properly prepared will result in the student athlete being asked to leave.

**Northeastern Commitment to Health and Wellness**

Outside programming is not permitted within the Sports Performance Facility and all student athletes are expected to complete the training continuum created through science and evidence based research. Our department consists of open minded professionals who are always interested and excited to discuss new or different training approaches with coaches, however, all ideas must be presented to the sports performance staff to allow for appropriate review and documentation of activity. We must ensure
that our student athletes are not performing contraindicated activities with documented foreseeable risk. Although we respect and value the knowledge, experience, and opinions of our sports staffs they are not certified or educated in this field and cannot prescribe or supervise the use of the facilities with athletes at any time. Training philosophies should be a sophisticated blend of training addressing all performance variables for that sport. Our staff relies heavily on the sport coaches for insight into the sport and specific training needs for the team and individual student athletes; however our staff is required to receive approval for all prescriptions from the medical staff within UHCS. Before any exercises or training techniques can be implemented with the Northeastern Sports Performance Department they have to be deemed safe and appropriate by physician.

**Care Model:**

**Pre Participation Exam (PPE):**

All student athletes must complete our complete PPE testing screen 3 times each year to allow risk for injury to be identified, provide appropriate training recommendations, and identify progress in key performance parameters. Testing results can be reported after each testing date to student athlete and sport coach along with training adjustments, subsequent treatment plans, or simply schedule of follow up evaluations. We ask that sport coaches respect and adhere to the recommendations resulting from testing, as this testing process is in an effort to lower injury rates and remove foreseeable risk.

**Performance Testing:**

All student athletes are encouraged to perform Performance Testing 3 times a year in order to accurately track progress made. Performance Testing should be done pre and post season and once again during off season training phase. Sports Coaches are asked to report any additional Performance Testing being done with student athletes to ensure we do not have testing redundancies. All testing be done with Northeastern student athletes should be reviewed by UHCS to ensure validity and reliability. Suggested testing dates will be provide to each sport coach, and it will be the responsibility of the sport coach to finalize a testing date. We ask that ALL Sports Performance Testing be a scheduling priority and all coaches should schedule 3 testing dates for both Performance and PPE testing with the Sports Performance Dept.
Sample Report: