



## *National Sport School 2023-2024 WinSport Training Offerings*





Welcome back to both new and returning National Sport School students for the 2023-2024 school year. Our Strength & Conditioning Team here at the Performance Training Centre is excited to support all National Sport School student athletes in a variety of ways along your athletic journey!

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### National Sport School Student Memberships

All students will receive a Performance Training Centre membership for the school year beginning September 5th until June 30th.

- To sign up, please complete the following steps:
  - Membership Contract & Training Facilities Waiver (completion by parent/guardian)
  - Student ID

### Customized Programming Offer

As part of the National Sport School, students who want to take their training to the next level can sign up to receive a customized strength and conditioning program designed to optimize key components of sport-specific fitness to help athletes achieve sustainable peak performance.

### Package Includes

- Initial consultation and movement screen with a strength & conditioning coach
- Customized training program
- Up to three (3) 60-minute training session(s) with your assigned coach every month (4 weeks)
- Ongoing support in a semi-supervised training environment by our strength & conditioning team or through the WinSport Performance App

Access to the WinSport Performance App will be provided to active Performance Training Centre memberships where athletes will receive:

- Standardized, sport-specific training programs created by WinSport's Strength & Conditioning Team-
- Lifestyle and Performance Data Collection
- Progress Reporting

Once your individual profile has been created, please visit the Apple (iPhone) or Google Play (Android) store to download the app, log in and wait for your assigned program!

[SIGN UP AND CREATE YOUR APP PROFILE HERE](#)

### National Sport School Parent & Student Summer Memberships

In July and August, National Sport School students (and new grads) will be provided an exclusive, discounted membership price of only \$30/month

Parents of National Sport School students are offered a 20% discount on an Annual Lifestyle Membership (valued at \$99/month).

[FILL CUSTOMIZED TRAINING REQUEST FORM HERE](#)

[FILL MEMBERSHIP CONTRACT & WAIVER HERE](#)



## PERFORMANCE TRAINING CENTRE | CODE OF CONDUCT

NSS students are expected to respect themselves, other members, and staff at all times. This includes respectful language, proper clothing and footwear, proper use of equipment and respect of other people's surroundings and space.

Students should be aware that all WinSport training facilities are a privilege to use – train with plan, a purpose, and intent.

Students should respect the locker rooms and the patrons within. This includes keeping gear locked, no use of cell phones within the locker rooms, keeping areas clean as well as return of towels and spray bottles and use respectful language at all times.

Students attending the PTC should be coming in with the sole purpose of training. This is not a place to hang out with friends and catch up. Training in pairs or small groups is acceptable, but large groups should be split up to ensure proper and timely use of equipment and space. No loitering will be tolerated in both the locker rooms and the training floor.

Students found using disrespectful language, improper use of phones (including taking video of other patrons or coaches) or purposeful improper use of equipment will immediately be removed by the facility and suspended indefinitely.

Towel and spray bottles must be used to clean equipment. This is proper gym etiquette and an important part of keeping the gym safe and clean for all guests.

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### Hours of Operation

- Monday – Friday: 6:00 a.m. – 9:00 p.m.
- Saturday – Sunday: 9:00 a.m. – 3:00 p.m.
- Closed statutory holidays