

# Athlete Expectations

Below are our expectations of athletes engaged in our training system. For additional detail on each item, please review the entirety of this document.

1. Maintain direct communication with your coach via Slack.
2. After the third attempt to contact you goes unanswered, reestablish contact with your coach.
3. Ensure you have access to your program on your device, including adequate storage, and to have your program available when you train.
4. Complete all video uploads as requested in your training program.
5. Complete a wellness questionnaire prior to each training session.
6. Document weights/loads as requested in the strength and conditioning portion of your training program.
7. Complete requests for mobility checks and movement quality/power reassessments within one week of notification.
8. Communicate any additional training obligations that may interfere with your ability to complete all aspects of your training program.
9. Adhere to all instructions provided in your training program and any supporting items listed.
10. Truthfully report injuries, soreness, pain via your wellness questionnaire.
11. Contribute as a positive member of the S2 Breakthrough community.

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## Athlete Communication with Coaches

**S2 Athletes are responsible for maintaining direct communication with their assigned coach.** Athletes must utilize Slack for communication. You will be invited via the email provided in your Intake Form. You, the athlete, are responsible for regularly checking your messages sent via Slack which includes ensuring your notifications are turned on and functioning.

You have unlimited Slack access to your coach and are guaranteed a response within 48 business hours. Our standard operating hours are 9:00 AM – 6:00 PM CT, Monday to Friday. If you feel your training needs are not being met, please reach out to Customer Experience at [hello@s2breakthrough.com](mailto:hello@s2breakthrough.com) and we will work to address your concerns.

In addition to Slack, you may schedule two, 15-minute calls via Zoom every 4 weeks with your coach. These calls can be for answering specific questions or for general check-ins. We cannot accommodate calls lasting 30 minutes or more. **It is the athlete's responsibility to communicate questions and/or concerns and be prepared in advance of your scheduled meeting.** Your parent(s) are welcome to be present for the conversation. A no-show to a scheduled meeting will count as one of your allotted two meetings for the time period.

Your coach will make three attempts to communicate with you. **After the third attempt, it is your responsibility to reestablish contact with your coach.** We prioritize our time and resources for athletes actively seeking improvement. If you choose not fully utilize the benefits of your training program, we won't force you to communicate with us.

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## Access to Your Program

Your training program will be delivered via Google Sheets, as part of your Google Drive folder. **It is your responsibility to ensure you have access to your program on your device, including adequate storage, and to have your program available when you train.**

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## Responsibility to Progress

S2 Breakthrough programs are designed in 4-week blocks. As your partner in your player development journey, it is our expectation that you are actively engaging in and completing both the strength & conditioning and skill portion of your program. If you choose to only follow the skill portion of your program, any performance improvements may be limited.

To ensure your training program progresses appropriately, you are responsible for the following:

1. **Complete all video uploads as requested in your training program.**

2. **Complete a wellness questionnaire prior to each training session.**
  3. **Document weights/loads as requested in the strength and conditioning portion of your training program.**
  4. **Complete requests for mobility checks and movement quality reassessment with one week of notification.**
  5. **Communicate any additional training obligations** (participation in another sport, required attendance at school-based training, etc.) **that may interfere with your ability to complete all aspects of your training program.**
  6. **Adhere to all instructions provided in your training program and any supporting items listed above.**
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## **Honesty in Health Reporting**

While you are welcome to communicate any health issues or concerns directly to your coach, reporting injuries, soreness, pain must be officially reported via your wellness questionnaire. This is to ensure our entire team has access to this information and we can respond and support you accordingly. We expect that you are being honest and forthcoming with all aspects of your health; physical, mental, emotional as they all have an impact on your ability to meet the expectations of your training program.

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## **A Positive Member of the S2 Community**

S2 Breakthrough is committed to supporting all of our athletes. We do not tolerate any harassment, discrimination, or bullying of other athletes in our facility or online communities.