

# In-House Athlete FAQ

**1. Can I just complete the skill portion if I already lift elsewhere?** Our strength and conditioning programs are designed for comprehensive athlete development, with a focus on improving mobility and preventing injuries. However, if you're already active outside our program, let us know so we can make appropriate modifications to avoid overworking.

**2. When and how will I be reassessed?** We'll provide links for reassessment of mobility every six weeks and movement capacity every 12 weeks. These can be completed at home or in the facility. Plus, we're constantly collecting data and tracking trends for all our athletes.

**3. How is data collected and used during my program?** We regularly collect data from wellness questionnaires, mobility and movement capacity assessments, and performance metrics. We use this data to personalize your program, monitor your progress, and make any necessary modifications.

**4. Do I need to fill out the wellness questionnaire every time I begin a training session?** Yes! Your responses provide us with crucial insights into your program's effects, allowing us to make the most precise adjustments.

**5. How will I communicate with the S2 team during my program outside of when I am in the facility?** We utilize Slack for regular communication with our athletes. Our coaches check Slack frequently and aim to respond within one business day.

**6. How will my parents communicate with the S2 team during my program?** For any questions outside regular athlete programming, we ask that parents email [hello@s2breakthrough.com](mailto:hello@s2breakthrough.com). We will ensure your message reaches the right person and will respond within one business day. We prefer that parents sit in the front room of our facility and allow the training space to be for the athletes.

**7. How soon before I see results?** Player development isn't linear and depends on various factors. While we can't guarantee results, rest assured we're just as committed to your success as you are!