

Remote Athlete FAQ

1. Will you watch me complete my program? While our coaches will not watch you complete your program live, your program will have key points indicating when you should submit a video for review. This helps us understand how you are executing and responding to the program!

2. 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.

3. When and how will I be reassessed? We'll provide links for reassessment of mobility every six weeks and movement capacity every 12 weeks. Plus, we're constantly collecting data and tracking trends for all our athletes, and offer Rapsodo integrations for remote athletes who have access to that technology.

4. Can I check-in in person at the S2 facility? Absolutely! You are welcome to visit us up to two times per month, during regular training hours or at additional times each month.

5. 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.

6. Will I receive feedback on every video I submit? Not necessarily. Our coaches will review each video you submit and will contact you only if a modification in drill execution is needed.

7. 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.

8. How will I communicate with the S2 team during my program? We utilize Slack for regular communication with our athletes. Our coaches check Slack frequently and aim to respond within one business day.

9. 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. We will ensure your message reaches the right person and will respond within one business day.

10. 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!