

Changing the Culture

Look at conditioning in a different way.

- Are more active students more successful academically?
- Are the more active students healthier? Are the more successful teams highly conditioned?
- Are the more successful athletes more highly conditioned?
- If your students/team gets in better shape do they have a better chance of being successful?

Conditioning is an opportunity.

- If conditioning is an opportunity, the better we perform in practice/class, the better chance we have to condition and get in the best shape possible.
 - More student success and satisfaction.
- Opportunities
 - Physiological
 - Psychological
 - Social/emotional