

Class Structure Guidelines

Non-negotiable: Provide the best hour of our athletes' day. This can be achieved through being fun, educational, complimentary, entertaining, or supportive. Ignoring all of these is unacceptable. The following class structure outline is to be followed without exception.

Time	Activity
-15:00	Doors open, music on. Do not simply keep the same music playing as was when you arrived. This is your training session - set the vibe.
-5:00	Sign-in screen pulled up. You should be standing by the sign-in greeting athletes as they sign in.
-2:00	Deliver a "2 minute warning" and remind athletes to sign in.
00:00-1:00	Class begins. Final reminder to sign in. Introduce yourself by name and ask athletes to do the same.
1:01-5:00	General Warm-Up. Elevate heart rate, break a sweat.
5:01-12:00	Movement Specific Warm-Up. If any of the movements are Category 2+, the progressions for those movements must be included here. e.g. Muscle-Ups = Ring Rows + Banded Dips as a warm-up activity.
12:00-14:00	Athletes back at the WOD board. Brief the Skill/WOD. Point to the progressions completed in the Movement Specific Warm-Up as options for Cat. 2+ movements.
14:01-29:00	Skill Session (if applicable). Coach MUST provide 3 individual points of contact per athlete. Long Slow Distance Day - Choose 1 aspect of the WOD to work on for 5:00. Running, Rowing, Breathing, DU's, Handstands, etc. are all good options.
29:00-30:00	Athletes back at the board for Conditioning Brief.
30:01-32:00	Conditioning Set-Up. Each athlete receives touch point from Coach asking if they have any questions or would like any progression assistance.
32:01-47:00	Conditioning WOD. Each athlete receives 2 touch points (fun, educational, complimentary, encouraging, supportive) from Coach during this portion.
47:01-52:00	Conditioning wrap-up, break-down, and celebration.
52:01-58:00	Athlete de-brief. Every athlete circles up on the South side of the gymnastics rings for stretch, cool-down, and congratulations. This is non-negotiable. You may end class up to 2:00 min. early to grab a drink, use the restroom, etc. You may not end any earlier than that. If there are days that consistently (3 weeks) go over the allotted time when following this template, please make mention to the Head Coach.