



Strength & Performance Training for Athletes Aged 12-17

Not a gym class. A structured, coached, measurable programme built around your athlete's sport, run by specialist youth coaches.

Our programme helps athletes aged 12-17 develop strength, coordination, and overall fitness to enhance athletic performance. In a safe and supportive environment, guided by experienced strength and conditioning coaches, athletes learn proper lifting and movement techniques that help reduce injury risk, build confidence, and establish a strong foundation for long-term athletic development and sporting success.

3x

Sessions per week
50 min each

16

Per group max
Every athlete coached

8

Week blocks
Periodised, progressive

SCORE

CONDITN. Score
Assessed each block

THE PROGRAMME

3 sessions per week	50 min each
Max 16 per group	Every athlete coached
8-week blocks	Periodised
CONDITN. Score	Start + end each block

All levels welcome. Whether just starting out or already competing.

PRICING

CONDITN. MEMBER

\$30

per week
Membership add-on

Three sessions. No joining fee. No lock-in.

NON-MEMBER

\$40

per week
Stand-alone programme

WHY IT MATTERS

Ages 12-17 is the window.

Teen athletes who strength train are **3x less likely to be injured** in sport. They move better, adapt faster, and peak higher.

Their sport coaches them in the skill. We build the athlete underneath it.

GETTING STARTED

1

Register your interest

Hit the link below. We hold a spot.

2

Complete the athlete profile

Tell us their sport and goals.

3

Save your athlete's spot

A coach will reach out with launch dates and next steps.

"I believe every young athlete deserves access to quality coaching. CONDITN. Academy creates an environment where adolescents learn to train safely, develop confidence, and build habits that benefit them in sport and in life."

Ollz Ryan — Academy Senior Coach

Keen to find out more?

REGISTER NOW

conditntraining.com/academyeoi