

Kateri Fitness Club

Club Rules & Guiding Principles

Revised: April 2025



Who We Are:

Kateri Fitness Club is an inclusive strength and Conditioning extra-curricular club at St. Kateri, led by staff members. We aim to instill values such as discipline, strength, and responsibility as we encourage young men and women to do their very best in role modelling Christ-like behaviour, and to honour the Lord with their bodies using training as a platform to do so.

Schedule:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:00am	CLOSED	Addante	Sferlazza	CLOSED	Sferlazza
2:30 - 3:30pm	Sormaz	Fu	Linay Teams get Priority!	Fu	Sormaz/Fu

Who Can Join:

Any and all St. Kateri students

How to Join:

- Students must fill out an [Interschool Athletics Permission form](#) and return the signed copy to the Phys Ed Department.
- Students must pay the Fitness club Fee on School Cashonline (\$16.50/month)

Our Core Values:

Core Value	Definition	Strategies for Success
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Discipline	The routine of training whereby you adhere to a commitment you've made and resisting the temptation to not put in the effort required.	<ul style="list-style-type: none"> ● Pack your bag in the evening ● Sleep 7-9 hours a night ● Setting a morning alarm ● Being on time for workout and class ● Warming up adequately ● No shortcuts on form ● Proper nutrition
Strength	To be as physically and spiritually strong as possible. A Biblical characteristic that represents courage, faith, watchfulness, and confidence.	<ul style="list-style-type: none"> ● Choose appropriate weights ● Not training to failure on main lifts ● Constantly improve your technique ● When possible, coach others ● Do not become complacent or satisfied ● Expose your weak points - Schwarzenegger ● Expose yourself to God's word daily
Responsibility	To show initiative, act honestly, and own mistakes even when no one is watching.	<ul style="list-style-type: none"> ● Accurate record keeping ● Spot your partner safely ● Clean the gym & yourselves ● Adhering to the timer & program ● Be coachable and heed coaches advice ● Conduct your own research

Suspension or Removal From Kateri Fitness Club:

It is important to manage Kateri Fitness Club with integrity and validity by enforcing our rules and etiquette in the group. Supervising teachers and administration reserve the right to temporarily or expel group members at anytime based on the severity and frequency of infraction(s). Two ways a member can be suspended or removed from the club.

- 1) Accumulating multiple non-permitted offences within the leader's discretion.
- 2) Receiving one or accumulating more than one serious infractions

1) Non-Permitted Offences:

- Using the weight room alone. You must have a direct supervisor. (experienced weight room Staff member) and spotter present
- Performing a 1RM without immediate permission and supervision by a supervisor / not lifting safely
- Improper use or damaging of equipment
- Personal cellphone use in the weightroom
- Playing profane music
- Lack of maturity in the weight room
- Inappropriate language
- Being late to first period class
- Among other violations of procedures

2) Serious Infractions:

- School suspension
- Academic probation (failing a class)
- Physical violence
- Disrespecting a supervisor
- Substance use or abuse (including vaping, supplements and more)
- Among other Kateri offences

Program Fundamentals

Warming Up Appropriately

Pre-Workout: Research proves that elevating the body's core temperature increases performance. Dynamic warm ups are very general yet effective pre-workout routine. Dynamics pre-workout is strongly recommended. Here is a selection of dynamic stretches...

- High knees
- Butt kicks
- Bear crawls
- Gator crawls
- Inch worms
- Bent over one leg hinge deadlift
- Downward dog heel raise progression
- Quad table reach
- Lunge with twist
- Hip openers
- Hip closers
- Sumo squat
- Leg swings
- Arm circles
- Vertical jump squat
- Vertical broad jump
- Double unders with imaginary rope

Pre-Lift: warming up with body weight then an empty barbell is also proven to be the best, most specific way to warm up before you lift. We recommend 1-2 sets of 5-10 reps with an empty barbell before any weight gets added. Then, 1-3 reps at 70% load, 1-3 reps. Load 80% for 1, Load 90% for 1. Load working weight and complete outlined reps.

Proper Technique

Check your ego at the door. We are here to train for strength, not test it. The best way for teenagers to get stronger and move more weight, is to improve their technique.

Examples of major technique breakdown:

Consequence: 50% drop

- Squat - visibly not close to proper depth
- Bench Press - not chest touch, bouncing reps, hips shooting off, feet sliding out
- Deadlift - back rounding, hips shooting up, hitching, bar drifting way out, ramping off the knees
- OHP - knees bending, incorrect lockout placement

Examples of minor technique breakdown:

No consequence

- Squat - losing back tightness, poor breathing and bracing
- Bench Press - elbow flare, incorrect grip
- Deadlift - bar starting to drift out in front, balance issues,
- OHP - grip width, glute activation

Never Miss Reps

The best and strongest lifters in the world do not miss reps on their main movements and advise against missing reps, maxing out and lifting to failure on the main lifts is inappropriate and does not align with our training protocol.

If the prescription is 5s and you only get 4 due to fatigue or form breakdown, lifters will immediately drop to an estimated 50% for the remainder of the time and correct technique / repair nervous system.

Weight Room Rules

Form & Supervision

1. Do not use the weight room alone. You must have a direct supervisor (experienced weight room Staff member) and partner/spotter present.
2. You must be able to demonstrate and explain proper form for all exercises performed or seek instruction before lifting.
3. Absolutely no 1 rep max lifts should be attempted without immediate permission from the supervisor.
4. Use equipment for its intended purposes.
5. Always use collars on barbell exercises (except when bench pressing alone) (but you shouldn't lift alone at

school).

6. Put away all plates, barbells, dumbbells and accessories after use.
7. Wipe down upholstery, mats, and conditioning equipment after use.
8. Do not slam weighted barbells on the floor or weight stacks on the machines.
9. No profane music.
10. Dry shoes and proper athletic attire must be worn during school hours.
11. Immediately report any injuries to the direct supervisor.
12. No horseplay, cowplay, frogplay or any animal-like behaviour