

## Catalyst 2010 Residency Package

**Qualification #1:** operate a membership-based gym environment.

Timeline: Week #1

Participants will:

- ↑ Become familiar on the MindBody check-in system
- ↑ Learn how to track and balance cash flow
- ↑ Learn the names of members on a one-on-one basis
- ↑ Develop conversation points with 85% of Catalyst members
- ↑ Participate in operational duties, including equipment maintenance, cleaning, resupply, and setup/takedown for events.
- ↑ Learn to use wodomatic.com, and add new clients
- ↑ Write a client profile for use on the website, including interview and editing
- ↑ Undergo physical testing delivered by a Coach



## **Qualification #2: Train to Train**

Timeline: Weeks #2 – finish

Participants will:

- ↑ Become proficient in the major lifts
- ↑ Be able to identify correct starting, midpoint, and finishing positions for major lifts
- ↑ Be able to identify and describe major lifts
- ↑ Develop a base work capacity
- ↑ Establish a base proficiency in CrossFit and weightlifting
- ↑ Track progress
- ↑ Study and compose summary essays
- ↑ Become proficient in the Catalyst progression system
- ↑ Participate in a minimum of 4 Catalyst groups per week, including Frat Barbell, Barbell Bettys, CrossFit, Teens, or other non-private groups.

## **Qualification #3: Train to Coach**

Timeline: Week 5-Finish

Participants will:

- ↑ Participate in weekly 'coaching clinics' led by a rotation of elite Catalyst coaches
- ↑ Coach daily CrossFit WODs to other Apprentices on a rotating basis
- ↑ Assist in coaching CrossFit Groups

- ↑ Assist in coaching Sport-specific groups
- ↑ Assist in coaching Teen groups
- ↑ Assist in coaching corporate groups
- ↑ Assist in writing personal training plans for special populations
- ↑ Assist in writing personal training plans for athletes
- ↑ Assist in writing personal training plans for general populations
- ↑ Be asked to explain and/or defend rationale for programming in Group meetings
- ↑ Write essays / create video explaining exercise movement
- ↑ Learn to implement the CAT Testing system

### **Qualification: Apprentice**

Weeks 10-12

Participants will:

- ↑ Deliver pre-approved training programs to corporate groups
- ↑ Lead, alone or assisted, Teen groups and sport-specific groups
- ↑ Practice delivery of the Catalyst tenets of training
- ↑ Research and program an athlete's periodization schedule
- ↑ Undergo examination through essay and verbal testing
- ↑ Undergo physical testing delivered by a peer

In addition, students may be required to undertake extra study in any area, including speech, oral and written skills, or extracurricular activities to complete the course. These will be undertaken at the student's expense and in a schedule set between student and teacher.

FEES and payment

Students will pay a registration fee of \$300 (plus GST.)

Students will receive services as listed above, plus:

- ↑ Membership for the duration of their apprenticeship
- ↑ Entry into all non-private Catalyst groups
- ↑ Some paid gym hours and the possibility of paid Coaching hours
- ↑ Consideration for staff hours during the Fall and Winter