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WHAT IS IT?

We are changing the game by shaping strong sporting mindsets early. This is the first in-house programme of its kind delivered directly within St Bernards. We combine professional in-gym coaching with an app full of complementary resources to ensure student-athletes have the tools they need to perform physically and mentally.

MEET YOUR HEAD TRAINER: SAM APU'ULA

Sam's connection to St Bernard's College spans from having played sport alongside alumni of the school and having family who attended SBC, to now supporting his own son through college here.

He brings over 20 years of experience and exercise qualifications in Strength & Conditioning, having worked with athletes across diverse sporting codes and levels, from junior club teams to regional and national representatives.

As the co-owner and founder of SWET, a local Wellington gym built from the ground up 12 years ago, Sam combines practical business resilience with athletic expertise. He looks forward to sharing his experience, knowledge, and discipline with the next generation of SBC men.

THE LINEUP: WHAT WE OFFER

We will run multiple sessions before and after school. To get the maximum benefit from this programme, we recommend students attend **two classes per week** (one morning and one afternoon).

1. **MON AND WED 3:30 PM SESSIONS** Focus on Stability, Strength, Power, and Core.
2. **TUE AND THU 6:30 AM SESSIONS** Focus on Coordination, Agility, Plyometrics, and Speed.
- 3.

You will also have access to a free app loaded with educational resources, including **complementary** programming for independent training and specific fueling guidelines to support your performance.

WHO IS IT FOR?

Year 9–13 students who are keen to learn effective training techniques, build mental resilience, and get the most out of their bodies. This is for students looking to take their performance to the next level with a focus on consistent effort and attendance.

PURPOSE:

1. **Performance:** Become stronger, faster, and more confident in your chosen sport.
2. **Education:** Learn correct movement patterns, technique, and recovery strategies.
3. **Mindset:** Learn the value of hard work: *"What you put in is what you get out."*

KEY DETAILS

COST \$60.00 per term

TERM 1 DATES

Monday, 2 February 2026 - Thursday 2nd April 2026

FUTURE INTAKES

1. **Term 2:** 20 April – 25 June
2. **Term 3:** 20 July – 24 September
3. **Term 4:** 12 October – 10 December

[CLICK HERE TO REGISTER FOR 2026 TERM 1 INTAKE](#)