



COLLEGIATE STRENGTH & CONDITIONING COACHES ASSOCIATION

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CSCCa Position Statement Regarding Strength and Conditioning Staff/ Athlete Ratio:

The recommendation of the Collegiate Strength & Conditioning Coaches association (CSCCa)—the nationally recognized governing body of the collegiate-level strength & conditioning profession— regarding the ratio of strength & conditioning staff to athletes is as follows:

Incoming freshmen, Jr. College transfers, and walk-ons should not exceed a 1:10 ratio. These groups of athletes require significantly more individualized attention from the strength & conditioning staff as staff members teach the athletes the fundamentals of strength and conditioning and become familiar with their specific strengths and weaknesses. Veteran athletes should not exceed a 1:15 ratio. These ratios are necessary to optimize instruction and supervision and to maximize the health & safety of the athlete.