

Tribal Parent's Manual

[everything you need to know to produce strong, happy & healthy kids]



Welcome to the Tribal Juniors Parent's Manual!

Your child faces a very different world than the one you and I grew up in. The health of our children today is being corrupted by an indoor existence, a reliance on technology and a saturation of artificial food, just to name a few.

At Tribal Fitness our number one priority is to guide our students and their parents to true health. We may only coach your child for up to 2 hours per week but we are working to influence them outside of this time too. We are not here to baby-sit your child to simply fill in time. We are here to make a real positive difference to their future. Our coaches are well qualified and experienced but more importantly, they care about your child.

Please take 5 minutes to read this short manual. Furthermore, if your desire for your child to enjoy lifelong health, please lead through your own actions and demonstrate the quality of living you wish your children to aspire to. Habits are learnt by the most important people in their life - You. We thank you for choosing us to set your child up for success and look forward to the opportunity of working with you too!

C Heslop

Craig Heslop
Founder



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Referrals



Here are just a few comments made by our Junior's Parents



Sara Hassan reviewed Tribal Fitness — 5★

April 9 · 🌐

I love how Tribal Fitness INSPIRES us to be better, so it doesn't feel like the dreaded hour at the gym. It's all fun and games, yet we get fit and healthy, eat better, sleep better and live life with a spring in our step! The tremendous positive effects have encompassed all aspects of our family life.



Erica Yates reviewed Tribal Fitness — 5★

July 19, 2014 · 🌐

Totally love Tribal Fitness. It's far more than just exercise. It teaches children to respect their bodies and be mindful of the environment. Would recommend it to anyone.



Nathalie de Vries-Sum reviewed Tribal Fitness — 5★

July 9, 2014 · 🌐

My kids have loved all the Tribal Junior sessions that they have attended over the years. Not only have they loved the physical aspects - they have also learnt that they are the ones who are in control of how they eat, sleep and live! Very empowering!



Angela Croker reviewed Tribal Fitness — 5★

July 8, 2014 · 🌐

Alex (my seven year old) and I love Tribal Fitness. For us, exercise is about having fun. Never are two sessions the same, it's unpredictable but always enjoyable. As a family we've attended group sessions, had private sessions, attended overnight desert survival camps, completed standup paddle boarding courses and beach survival courses. Everything Craig and his team do is focused towards natural movement and healthy, clean living - no gimmicks or fads. Well done Craig and Danielle and keep up the amazing work you do.



Amy Bowzaylo reviewed Tribal Fitness — 5★

September 12, 2013 · 🌐

Smart training so that it can be sustained and built upon.... Love it!

👍 Like

💬 Comment

➦ Share



Our Philosophies

True Health

Prepared

Physical & mental conditioning exceed the demands of daily activities.

Just enough

Fitness contributes to health but does not hinder it.

Absence of Inflammation

No illness, injury, chronic pain or stress.

Worth

Positive value to the community.

Balanced

A state of physical, emotional and spiritual equilibrium.

Natural Movement

Survival-based

Short-term: ready for anything.

Long-term: pass on desirable DNA and admirable characteristics

Efficient

Move well before adding complexity, intensity or load.

Human-specific movements

Lift, climb, crawl, throw, catch, jump, strike, grapple, swim, roll, run, walk.

Daily Walkabout - Weekly Sprint

Moving slowly every day to cover long distances while infrequently moving quickly to cover a short distance.

Physical Labor

Ready and able to sweat & get dirty.

Our Philosophies

Natural Food

Dirty

Free of man-made products. Fakes pretending to be real.

Individual

Suits the person's lifestyle and body.

Appreciated

Giving thanks for our food.

Social Nexus

Bringing people together.

Fair and Local

Good for the animal and environment.

Natural Living

Live by the light

Living in sync with the sun.

Conscious calm time

Taking time away from pollutants.

Master of technology

Controlling a modern-day addiction.

Supportive tribe

A great group of true friends

Strong Mindset

Positive, supportive, open-minded and hard-working.

Our Expectations



Juniors

Social - The 5 P's

Present: Consistency in attendances and focused mentality at each session.

Polite: Good manners and respect for others, especially elders.

Positive: A 'can-do' attitude.

Productive: Works to one's capacity and makes good use of their time.

Punctual: On-time and accountable.

Bring to each session

Clothes to move in

Water bottle

Post-session snack: Protein, carbohydrates and fat

Parents

Leadership

True Health: Follow our philosophies to give your child a model template

Discuss: Take an active interest in the movements and knowledge they learn

Moving family: Play outside with your kids every day or as often as possible

Programming



2 Types of Sessions we Offer

Strength & Skill	Power & Precision
<p>Every session includes the following movements to ensure efficient use of time, a well-balanced body and overall real-world strength:</p> <p>(Hinge - Locomotion) – (Pull - Carry/Core) – (Leg - Balance) – (Push - Throw & Catch)</p>	
<ul style="list-style-type: none">• <i>Mid rep range</i>• <i>Slow compound strength</i>• <i>Technical mastery</i>	<ul style="list-style-type: none">• <i>Low rep, low impact flowing movements</i>• <i>Graceful</i>• <i>Quiet & controlled</i>



Craig's Advice on Programming your child's Movement Schedule

When it comes to planning a child's extra curricular activities there are several considerations to be made:

- What the child wants to do.
- What would best for the child.
- How qualified / experienced is the coach?
- How safe is it?

Unfortunately, there seems to be an overemphasis on what the child wants to do and not what is best for them. I have strong feeling towards a young child specializing in a single sport from an early age. As children get older they may specialize but I feel that it is ludicrous for young child to participate in a single activity more than 3 times per week. Anymore and we often see burnout, boredom, overuse injuries and even rebellion.

I have broken down activities into 4 disciplines. Your child's program may look completely different but the biggest points are quality over quantity and variety over specialization.

Safe movement-based (60 mins max): Tribal Fitness, progressive gymnastics, varied dance

Individual activity (90 mins max): Judo, karate, BJJ, tennis, golf

Team activity (90 mins max): Football, rugby, hockey, netball, etc

Swimming (60 mins max): Skill and conditioning

Play with Mum/Dad/Family/Friends (30 mins): Tag, back-yard cricket, swimming pool, throw-catch, make-up games, spontaneous fun, dance, etc

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
AM		Blue	Light Green	Blue	Light Green	Red	
PM	Purple	Red	Orange		Purple		Orange
Anytime Possible	Light Green						

Structure of our sessions

Section	Purpose	Time
Pre-game	<p>Burn off some pent up energy from school.</p> <ul style="list-style-type: none"> • If the session starts off well then the kids will arrive with a positive mindset. • Ensures all the students arrive on time. 	15 mins 0
Wake Up	<p>Mental - engaging the brain and body. Body - Getting a sweat on and raising the core body temperature. Soul - Giving kids 5 minutes of explicit adversity to harden them up mentally</p>	15 mins 15
Skill	<p>Learning a key movement well. By the end of the session, we expect each child to demonstrate the movement safely.</p>	5 minutes 20
Meat	<p>Developing a wide vocabulary of quality movement.</p> <ul style="list-style-type: none"> • Create a desire to move more. • Improve conditioning, especially strength. • Nurture personal competitiveness. 	20 minutes 40
Bands	<p>This gives each student the chance to measure their progression against our band system. This takes the competitiveness away from other students and on to individual improvement.</p>	5 minutes 45
Post-game	<p>A fun way to finish the physical session. Juniors leave with a smile and the parents believe they have got value for money because their child is sweating!</p>	10 minutes 55
Chill Out & Snack	<p>The kids fuel up on foods that they have packed, not their parents. This creates a culture of accountability that will last them a lifetime. While the kids eat, the coach discusses an educational subject on food/living or spins a story of inspiration.</p>	5 minutes 60 minutes

Considerations for Mini Moving Humans

Contrary to popular belief, the movement vocabulary of a junior and adult should be no different. At Tribal Fitness we look at movements that are natural, safe and effective. You won't see us Olympic lifting, snatching kettle bells or performing borderline dangerous stunts. The vast majority of the population can get by just fine without engaging in the movements above. Call us boring but the human body has evolved pretty well without the need for performing movements that can easily hurt someone. More importantly, we can gain fantastic results with just the basics.

The main considerations for Juniors include:

Repetitions and Sets

Young growing bodies don't need to be slammed with long reps. At this stage we are planting the seeds of beautiful movement. We are building a base of strength for youngsters to progress upon. When new students join the program, we utilize the following system:

Speed of movement (tempo)

Everything we do with the students is about control. Recently a 7-year old girl reluctantly left Tribal Fitness as her parents returned back to the USA with work. This girl, we shall call Ronda, took part in a BJJ class in Washington. The Professor, with 20 years BJJ experience, had never seen such a young student, especially a girl, do push ups for fun with such control and beautiful technique. Muscle only reacts to quality time under tension.

*Squat example: 5 seconds down, 2 seconds down there, 3 seconds up
No bouncing. No flapping around.*

Weight or resistance

Juvenile joints are not designed for super heavy lifts. Again, one's realm of strength should be well within their range of skill. Move well first and then move under pressure.

Move well - Move well with a little load

More organic play

Give kids a ball and they'll invent 10 new games. Give a ball to adults and they can only think of football. Making movement fun and sporadic means life is more fun and creative. As a society, we are on a mindless campaign for organized sport as soon as the kid leaves the womb. Humans have evolved due to their huge range of movements. Let's not start to de-evolve now.

Education

You cannot teach an old dog new tricks they say. You can teach a puppy though. We believe that kids should receive the best knowledge they can early on to ensure they make the best decisions later on in life.

Junior Band Progression



Level	White	Blue	Purple	Brown	Black
Recognition	White band	Blue band	Purple band	Brown band	Black band & T-shirt
Challenges 30 days	-15 minutes walk -1 meal with family -10 hour+ sleep	-play outside for 30 minutes -enjoy a breakfast stacked with natural food -30 mins of downtime before bed	-Take 1 friend/ family for a 30 min walk -Prepare a natural lunch for the next day -Limit leisure technology to one hour per day	--Coach a family member with a Tribal session each day - Avoid refined sugar - Sleep in a dark, tidy and cool room	-Plan a crazy physical adventure and spend an hour each day working towards it - Avoid tech during meal times -Enjoy a none-tech based game for 30 mins
Static hold	21-second bottom squat hold	21-second bottom squat with hands on head	21-second bottom squat on 2x3	21-second bottom squat with stick over head	21-second single-leg squat (both legs)
Crawl	10m Hand-foot Crawl forwards only	10m Hand-foot Crawl forwards & backwards	10m Hand-foot Crawl forwards & backwards on a 2x3 wooden plank	10m Hand-foot Crawl backwards on a 2x3 wooden plank	10m Hand-foot Crawl forwards & backwards on a 2x3
Journey	60m run under 25 seconds	60m run under 22 seconds	60m run under 20 seconds	60m run under 17 seconds	60m run under 15 seconds
Climb	Bar hang for 21 seconds (straight arms)	8m swing traverse	2 bar climb ups	5m rope climb	5m rope climb without feet
Hip/ Lift	Floor lift 3 reps pattern reps (stick) Push up toes 3 reps	Floor lift 3 reps 40% body weight Push shoulder tap 3 reps	Floor lift 3 reps 50% body weight Hindu push up 3 reps	Floor lift 3 reps 60% body weight Push up star 3 reps	Floor lift 3 reps 75% body weight Clap push ups 3 reps
Kettlebell swing - clean - snatch	Double-hand KB Swing pattern	5/5 single-hand KB Swings 10%	5/5 single-hand KB Swings 15%	5/5 single-hand KB Swings 20%	5/5 single-hand KB Swings 25%
Kettlebell press	3 reps 5% body weight	3 reps 10% body weight	6 reps 10% body weight	3 reps 15% body weight	3 reps 20% body weight
Kettlebell Get-up	2 reps on each arm (water bottle)	2 reps on each arm 5% body weight	4 reps on each arm 5% body weight	2 reps on each arm 10% body weight	2 reps on each arm 15% body weight
Carrying	Back carry 100% of body weight for 21m	Shoulder carry 100% of body weight for 21m	Arm carry for 80% of body weight for 21m	Back carry 100% of body weight for 21m on a 2x3	Shoulder carry for 100% of body weight for 21m on a 2x3

Quality of Coaching



How our Coaches are assessed for each session: (91% and above to pass)

Presentation	Clean Tribal top	
	Clean black pants	
	Clean bare feet	
	Well groomed, look good, smell good	
	Clean car (in/out)	
Preparation	Ready 10 mins before the students can arrive	
	Session is planned on board and movement props are arranged	
	Personal snack is ready	
	1st aid kit on hand & 1st Aid Certified	
	Session starts on time	
Communication	Greet all students by name & ask "how are you?"	
	Tribal vocabulary	
	Students listen actively	
	Instructions are clearly and passionately presented	
	Introduce all new students	

Quality of Coaching



Wake Up	3/5 within 15 mins	
	Enjoyable with smiles	
	Engagement amongst members (play)	
	Mind, body and soul are challenged	
	Prepared for skill section	
Skill	Benefits are sold to students (Why)	
	Built up with 2 layers	
	Short, dynamic and purposeful - 5 mins max	
	Quality student exposure	
	Personal weaknesses addressed	
Movement	Appropriately challenged all	
	3 specific pieces of feedback to each student	
	3 supportive pieces of feedback to each student	
	Band system testing and Post Game	
	Dynamic and flowing	
Chill Out	Mind & body calmed slowly	
	Diary challenge & snack	
Closing	Equipment returned	
	All members paid	
Total Points	Goal is 31/34 = 91%	

Discipline



Our 5 P's (Present, Polite, Punctual, Productive and Positive) provide the minimum expectations that we place on every child. We are not here to school kids but they do need to know what the law of land is. We work to make our junior sessions as fun as possible and discipline rarely becomes a big deal. We will however take offending students through our disciplinary system if they continue to break the '5 Ps'.

We do not use movement as a punishment as we are trying to associate movement with enjoyment!

Culture

- We praise twice as much as we critique.
- We speak clearly and look at children in their eyes. We expect the same in return.
- We constantly gain feedback on what the 5 P's include. Every student should know them.
- We treat every child like an adult and expect them to respond accordingly.

Steps for dealing with poor behavior

Step 1 Pre-empt	The coach is pre-emptive to a child who is going to act out of order and is pulled aside for a quick chat, "I've noticed that you have arrived a little out of control. Do you need to go sit and remind yourself of the 5 P's before joining in?"
Step 2 Final Warning	If a child offends after the pre-emptive chat, they will be called out publicly and then spoken to privately about their behavior. This is considered their last warning.
Step 3 5 minute reflection bin	If a child offends again, they are sat out of the for 5 minutes to cool down and think about the 5 P's. At the end of the 5 minutes, the coach asks them if they are ready to return. If they are not then give them another 5 minutes to cool down. On entering back, the coach asks them which of the 5 P's will they work on.
Step 4 Session bin	If a child offends a third time, they are out for the entire session and there is a quick, post-chat with the parent and child. The incident is noted. The child is asked what they will do better next time and the coach explains that they have high standards which will not be compromised.
Step 5 Term bin	If a child has to be sat out completely for 2 sessions within a school year, the coach will explain that the third time will result in permanent removal from the session and the money back for the parent.