The Jaguar Strength and Conditioning program is designed to provide each student-athlete with the best possible opportunity for reaching their physical potential while meeting their sport-specific demands.

Each athlete trains in the 65,000 square foot, National Institute for Fitness and Sport, located along the White River, on the IUPUI campus. Year-round programs are established based upon the demands of each sport.

Expectations are put on every student-athlete that participates in intercollegiate athletics, and here at IUPUI, even greater standards are set. Not only are you bound to the training required for your team, you are expected to do so in a public facility. This demands your respect for the facility, its members, and to conduct yourselves in a way that will represent the university in a positive manner – anything less, is unacceptable.

Ultimately a training program isn’t worth the paper it is written on. Your discipline, desire, and dedication will provide the means for true improvement. You need to ask yourself on a daily basis, “What have I done today to become a better athlete?” To compete on a daily basis in the Mid-Con Conference and in Division I athletics, strength and conditioning are essential.

“Champions all have one common trait…..desire.”

- Bob Knight