

STRENGTH FOR SPORT PROGRAM

Understanding how to train young athletes guides decision making & improves performance.

No Two Athletes are the Same

1 Athletic development is individualized and non-linear in nature. Every child grows, develops, and adapts at differing rates and ways. Responses to load, personal capability, and athleticism are never the same, person to person. What worked (or didn't work) for one person is not a blueprint for all.

Athletic Development Occurs Along a Training Continuum

2 At different times, the needs of an athlete may change, making assessment, systematic progression, and training plans essential for health and optimizing performance.

Athletics Should Be Fun

3 Athletics are meant to enhance health and fitness, provide social opportunity, promote psychological well-being, and be FUN. Each component should be developed and attended to. Success in one of these areas, shouldn't be at the expense of another.



Athletics Require Development of Different Areas of Performance

- 4**
- Strength
 - Aerobic Capacity
 - Balance
 - Decision Making
 - Speed
 - Anaerobic Capacity
 - Agility
 - Resiliency
 - Power
 - Stability & Mobility
 - Coordination
 - Recovery

It Takes a Village

- 5** Youth athletics requires patience and teamwork. Together, let's help athletes:
- Understand the components of performance and the ways their bodies work
 - Value what sports add to their lives
 - Gain opportunities to be the best versions of themselves

When we create your monthly program, we consider:

- Your sport(s) participation and how we can promote your athletic development and reduce injury risk
- Your biological maturation, workload progressions, and your response to load
- You will receive an assessment where we will look at your movement patterns and control, coordination, strength, and more
- You will get access to your program through our app with technique videos
- We will be able to communicate, modify, and progress things as you go

Call or Text us to
get started today!

319-214-0005