

# Team

## Strength & Conditioning

Offered by the specialists at



### **Why Should My Child Participate in a Strength and Conditioning Program?**

The American College of Sports Medicine (ACSM) contends that strength training can be a safe and effective activity for youth, provided that the programs are properly designed and competently supervised. The specialists at **COAST Physical Therapy** are specifically trained in exercise, rehabilitation, and injury prevention.

In today's society, youth sports have become year-round activities with increased concentration on sport specific training. This has proven to set our children up for increase risk of injury at younger and younger ages.

The goal of youth strength training should be to improve the musculoskeletal strength of children and adolescents while exposing them to a variety of safe, effective and fun training methods. Strength training refers to a systematic program of exercises designed to increase an individual's ability to exert or resist force. Strength training should be one part of a well-rounded fitness program that also includes endurance, flexibility and agility exercises.

Youth resistance training can improve one's cardiovascular risk profile, facilitate weight control, strengthen bone, enhance psychosocial well-being, improve motor performance skills, and increase a young athlete's resistance to sports-related injuries. Collectively, a majority of the evidence suggests that regular participation in a preseason conditioning program that includes plyometric exercises, resistance training, balance skills, and education may reduce the likelihood of sports-related injuries in young athletes.

## **Why team training?**

It's more fun with your friends! Part of being part of a team is enjoying the time you spend with friends, so why not strength train together?! It has been proven time and time again that doing an activity with a friend can improve your mental well being as well as be incredibly motivating!

## **What age?**

Children as young as 5 and 6 years have benefited from regular participation in a resistance training program, but most research discusses youth athletes between ages 7-12 as well as high school athletes. We have a specialist who works specifically with the younger athletes (U9-U10) as well as certified strength and conditioning specialists who train the older high school and college athletes.

## **How often?**

For optimal results, youth athletes should participate in off-season strength and conditioning 2-3x/wk and in-season training 1-2x/wk. Most research shows that an 8-week strengthening program has significant results in building strength, flexibility, and power. Strength gains of 30-74% have been reported after 8-week training programs. We know how busy families are, so we offer our classes either 1x/wk during in-season or 2x/wk during the off-season, in 4-week blocks.

## **When are the training sessions?**

Team Strength and Conditioning sessions are held on **Sunday afternoons/evenings** and on **Tuesday afternoons/evenings**. If these days and times do not work for your team, we will try our best to accommodate your team's schedule.

## **What is the cost?**

The cost is \$10 per youth athlete per session, with a minimum team fee of \$100 per session (minimum of 10 athletes per session). We offer our classes in 4-week blocks, and each training session is 45-minutes in length. Therefore, it would cost a participant \$40 for 1x/wk training for 4-weeks or \$80 for 2x/wk training, for a 4-week session. If a team has 10 players, then it would cost the team \$400 for 1x/wk or \$800 for 2x/wk training for a 4-week training session. Payments are made as a team, and teams must pay in-full prior to the start of the 4-week training session. Payments are made to The Ultimate Goal Family Sports Center.

**So get your team together, and come join us for  
Team Strength & Conditioning classes at**

