

# ATHLETIC DEVELOPMENT



**ATHLETIC DEVELOPMENT IS UNIQUE TO EVERY ATHLETE**

**ATHLETIC DEVELOPMENT OCCURS ALONG A TRAINING CONTINUUM**

**ATHLETICS SHOULD ALWAYS BE FUN**

**ATHLETICISM IS MADE UP OF MANY DIFFERENT COMPONENTS**

**ATHLETIC DEVELOPMENT TAKES A VILLAGE**

Youth sports are becoming increasingly competitive and demanding each year. And we get it...we all want our kids to have the best opportunities for success. Sports bring a plethora of gifts that will have an impact on a child's whole life, which is why we are passionate about making sure the young athletes we work with are set up to thrive in a sports world where the child's wellness can be misplaced (oftentimes unintentionally) in the big picture. We hate seeing aspiring athletes quit playing because it stopped being fun along the way, became a source of negative stress, or was the cause of overuse and preventable injuries. This is why we work hard to be a part of your child's team.

**Athletic development is individualized and non-linear in nature.** In other words, no two youth athletes are the same. 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.

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**Athletic development occurs along a training continuum,** making assessment, systematic progression, and training plans essential for health and performance. Therefore, having a team that understands the needs of the whole performance spectrum and can meet your children where they are at to help determine what they need is extremely beneficial.

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

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**Athleticism requires care and consideration of some of the following:**

- **Strength:** the ability to create force
- **Speed:** the time cycle of a movement
- **Power:** ability to create maximal force in minimal time
- **Aerobic Capacity:** the ability of the heart and lungs to deliver oxygen to the body during performance (ex: endurance to perform a task)
- **Anaerobic Capacity:** maximal work performed during maximum-intensity, short-term task (ex: sprinting)
- **Balance:** ability to stay upright or in control of a body movement (can occur being still or dynamic)
- **Agility:** ability to move and change direction and position quickly in response to a changing situation
- **Stability:** the ability to prevent movement in one area of the body, while creating movement in another
- **Mobility:** ability to move through a range of motion
- **Coordination:** the ability to integrate and perform movements efficiently and effectively
- **Integration of Systems:** utilization of our different body systems to create performance in response to the environment and situational demands. Some of these are obvious, but others are less, such as vision, brain function, vestibular system, etc.
- **Resiliency:** the mental ability to challenge, adapt, and push yourself
- **Recovery:** the body and mind must have active and passive approaches to rest, to promote healing and adaptation

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**It takes a village.** Youth athletics is a marathon that requires patience and teamwork. Navigating youth sports is not easy! We give all the parents and coaches credit for trying to make children's experience in athletics better. There is a lot of help out there to work with you to keep your child's needs and best interests in mind. It is one of our greatest privileges, as physical therapists and performance coaches, to work alongside your children and help them develop their athletic careers. We want to know you always have us as a resource, along with a network of others, who can hopefully give your child what he or she may need to thrive.



IT IS OUR WISH THAT A CHILD'S ATHLETIC CAREER IS AN ENJOYABLE, SAFE, AND POSITIVE EXPERIENCE. KIDS WHO STAY IN SPORTS ARE MORE LIKELY TO BE FIT AND ACTIVE ADULTS. LET'S BREED A CULTURE WHERE ATHLETES UNDERSTAND THE COMPONENTS OF PERFORMANCE AND THE WAYS THEIR BODIES WORK; WHERE THE VALUE THAT SPORTS ADDS TO THEIR LIFE FAR EXCEEDS THE DOWNSIDE; AND WHERE ATHLETES HAVE THE OPPORTUNITY TO BE THEIR BEST VERSION OF THEMSELVES.

