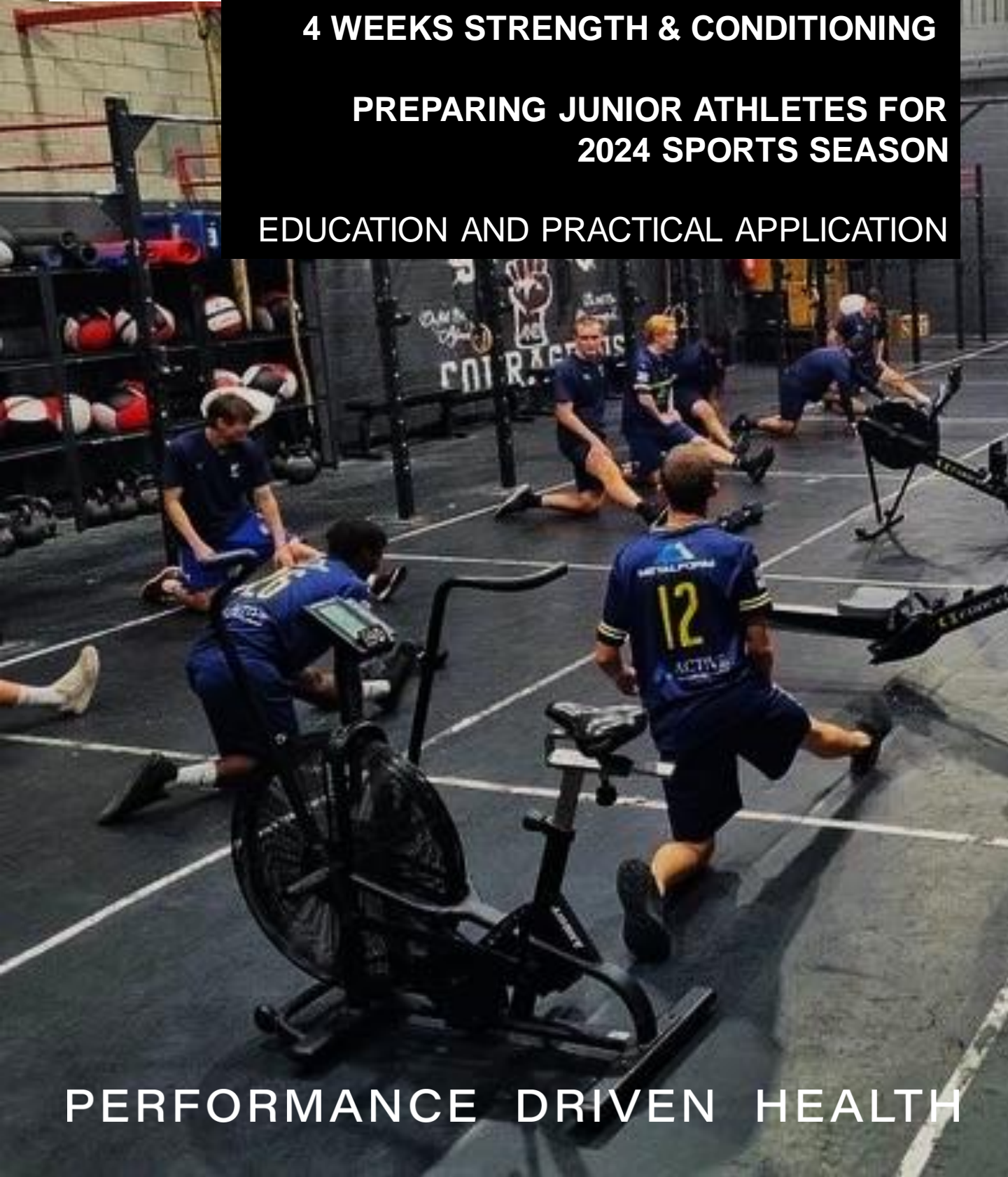


**JUNIOR/TEENS SCHOOL HOLIDAY PRE-SEASON
DEVELOPMENT PROGRAM**

4 WEEKS STRENGTH & CONDITIONING

**PREPARING JUNIOR ATHLETES FOR
2024 SPORTS SEASON**

EDUCATION AND PRACTICAL APPLICATION



PERFORMANCE DRIVEN HEALTH



Teens Sport SnC Clinic for Football and Power Sports

Cost: \$30 per week x 4 Weeks (\$120 total upfront fees – no refunds)

Target Audience: Males & Females ages 14-18 preparing for 2024 season or selection trials for Football or Power Sports such as soccer, league, union, AFL or any other power, ball or contact sport.

Program Outcomes

Over the 4 weeks players will learn the following via education and practical application inside PDH gym. by a certified Sports power coach and Registered Sports Nutrition Advisor

1. Strength & conditioning principles as they apply to their sports including strength training phases of hypertrophy, power, muscle endurance, peaking and de-load; as well as, Conditioning, energy systems, mobility, warmup/cool-down, injury prevention (prehab).
2. Correct techniques and application of strength training including all powerlifts (Squat, Bench & Deadlift), Accessories exercises and execution of Hypertrophy training with progressive overload.
3. Application of conditioning training to ensure athletes are fit to perform in 2024 season.

The ultimate goal of the 4 weeks is not to only ensure athletes are in the best possible shape to kickstart their 2024 season, but to also have the learnings to continue their journey of SnC training throughout their season.

Athletes can then safely and competently train outside of PDH after the program is complete to further enhance their performance into the future.

Program inclusions

- 3 x 1 hour sessions per week in January on Tuesdays, Wednesdays & Fridays at 2:30PM (or as arranged for Full teams) for 4 weeks at PDH Gym Warners Bay.
- Educational handbook for ongoing reference including sport specific SnC Program to continue with after the program is completed.

PDH will work with your child to discuss and set goals for the clinic as well as longer term in relations to their sport and SnC training.

Training & Education delivered by Owner Karina Burt Certified AWF sports power Coach, Level 1 CrossFit, Certificate in Fitness, Bachelor of Training & Development & Registered and Insured Sports Nutrition Advisor, along with support staff.

Working with Children Check approved.

Date Schedule (JANUARY 2024)

- Week 1: Tuesday 2nd, Wednesday 3rd, Friday 5th - 2:30PM
- Week 2: Tuesday 9th, Wednesday 10th, Friday 12th - 2:30PM
- Week 3: Tuesday 16th, Wednesday 17th, Friday 19th - 2:30PM
- Week 4: Tuesday 23rd, Wednesday 24th, Friday 26th - 2:30PM

Registration

- **Option 1:** Register your Child as an individual into the Open Clinic run at 2:30pm as per the Date schedule or,
- **Option 2:** Teams can register as a group \$1,800 for up to 20 athletes (saving up to \$30 per child) at an agreed timeslot and run privately.

See Website www.performancedrivenhealth.com.au or contact Karina 0418 100 395
info@performancedrivenhealth.com.au



Teens Sport SnC Clinic for Football and Power Sports Program outline

Week 1:

- Education: Understanding Strength Training phases and how they apply to athlete development and performance. Goal Setting in relation to the clinic and beyond.
- Practical: Learning Correct technique for Bench Press, Squat, & Deadlifts and supporting accessory exercises.
- Practical: conditioning training - sports specific – low/moderate intensity.

Week 2:

- Education: Understanding Conditioning training and energy systems and how they apply to athlete development.
- Practical: 1st increase in load for progressive overload of Bench Press, Squat, & Deadlifts and supporting accessory exercises.
- Practical: conditioning training - sports specific – increased intensity from week 1.

Week 3:

- Education: Understanding Warm-up, cooldown, mobility, & injury prehab principles and how they apply to athlete development.
- Practical: 2nd increase in load for progressive overload of Bench Press, Squat, & Deadlifts and supporting accessory exercises.
- Practical: conditioning training - sports specific – increased intensity from week 2.

Week 4:

- Education: Explanation of SnC program provided for ongoing use.
- Practical: 3rd increase in load for progressive overload of Bench Press, Squat, & Deadlifts and supporting accessory exercises.
- Practical: conditioning training - sports specific – increased intensity from week 3.