



DEVELOP THE ATHLETE

NUTRITION

Habitual Fuels – Power 12 Foods

Almonds & other nuts, Beans & other legumes, Spinach & other green vegetables, Lean Dairy or Soy, Oatmeal, Eggs, Turkey & other Lean Meats, Peanut or Almond Butter, Olive Oil, Whole Grain Bread & Cereals, anything ...berries and other fruits, and Water and other all natural juices.

Pre Practice/Game Nutrition

The meal the night before and morning of practice or game is what you sustain energy from during competition. Not what you drink or eat just before you compete. Ideally, right sized portions of whole wheat/grain pasta and veggies the night before and oatmeal with sliced fruit three (3) hours before competition.

Post Practice/Game Nutrition

This is the healing time, like “Pre” Nutrition is for preparing, this is the time for your body to recover. Rest, good fluids and proteins with a blend of good carbohydrates is key to offset soreness, decrease recovery time, help stave off illness when your body is in a weakened state and most of all make you stronger for your next time in competition. This good blend is a lean meat with mixed grilled/sautéed vegetables or at least a yogurt with a handful of nuts with a banana or mixed fruits.

FITNESS

Fitness for the Ages

Whether you’re 8 or turning 18, your bodies are still developing at a rapid pace. Therefore, it is critical for your health and well being to first develop your base strength, endurance, balance, flexibility (ROM) and cardiovascular capabilities. Without this base of strength you cannot successfully progress at a rate in which you want to improve your competitive play.

Typically, young men and women are developing at different rates and have multiple weaknesses, particularly in the lower extremities and rear chain (back side of body). Risks such as ACL or MCL injuries are common, however these problems like so many others are from multiple reasons and not always the same. The goal of developing that basal strength is crucial in later developing sport specific conditioning.

Our goal here is to develop athletes that are not only incredible in the field of play but also prepare for anything and everything they face in life.

CONDITIONING

Sport Specific Training

Once developing that base strength that is vital to the development of the young athlete you can then move on to progressions that continually improve strength, flexibility, cardiovascular, balance and much more.

Sport, or skill, specific training is vital for the development of any athlete but must be addressed and progressed at a very safe and effective pace for the young athlete. Bones, tendons, joints, and the body in general is developing on a day to day basis and altering this natural progression in training must be avoided. Pre-habilitation is much easier than Re-habilitation.

Safety first, period.

With the high demands that young athletes face today each participant can and will see the results they want, but the athlete must display patience but most of all perseverance. Without the latter, injuries can and will occur and negative progressions are possible.

And most of all the true ATHLETE must remember....
75% Nutrition....25% Training.... Without the proper eating, everything you do on the competitive field of play will be greatly diminished or outright lost.

D E V E L O P I N G.....T H E.....A T H L E T E