

# Youth Strength & Conditioning



Creating healthier, more capable  
kids for all aspects of life

# Your Team

1. Oasis Academy - Primary sponsor and administrator for the program
2. Sean Sweeney, CrossFit Powerstroke - Program Director
3. Coaches
  - a. Sean Sweeney - 2016 CrossFit Games athlete ranked 30th in the World out of 300,000 competitors, 2016 Fittest Man in Nevada Title, CrossFit Level 1 and Level 2 certified Coach
  - b. Emmily Butz - CrossFit athlete, CrossFit Kids certified, CrossFit Level 1 certified coach
  - c. Michael Kelly - USA Weightlifting Strength and Performance certified coach, USA Weightlifting Club certified coach, CrossFit athlete, CCHS weightlifting team athlete
4. Sponsors and Partners
  - a. Various local businesses and health professionals to provide monetary support for scholarships and equipment, as well as Professional Services including nutrition and injury prevention education

# Goals and Objectives

1. Health & Fitness Education - What, Why, How to keep bodies healthy?
  - a. Importance of Physical Fitness on overall wellness → LIFELONG HABITS and EFFECTS
  - b. Nutrition
  - c. Injury Prevention
  - d. Proper training techniques, variations, and different effects of each on the body
2. Alternative physical activity to traditional sports
3. Availability and Scalability - ALL kids will benefit
4. Improve athletic performance
5. Continued Interest - FUN and VARIED with maximum results

# Schedule & Fees

- 12-week block cycles to coincide with traditional sports
- Winter Block: November 14th – February 11th
- Spring Block: February 20th – May 13th
- Summer Block: May 22nd – August 12th
- Grades 6 – 8: Monday, Tuesday, Thursdays 5:30 – 6:30pm
- Grades 9 – 12: Monday, Tuesday, Thursdays 4:30 – 5:30pm
- Spots will be limited to 20 PER GROUP to start
- New sign-ups will be taken for each block
- \$180 per block

# What Is Our Fitness Plan?

We will be using many different training methodologies including: gymnastics, olympic weightlifting, powerlifting, running, rowing and CrossFit. We then melt them altogether to create very well rounded and functional athletes. Training all areas of fitness leaves no stone unturned. We will be focusing on:

- ❖ Cardiovascular Endurance
- ❖ Stamina
- ❖ Strength
- ❖ Flexibility
- ❖ Power
- ❖ Speed
- ❖ Coordination
- ❖ Agility
- ❖ Balance
- ❖ Accuracy

# What is CrossFit?

CrossFit is:

- ❖ Constantly Varied
- ❖ Functional Movements
- ❖ High Intensity

CrossFit isn't:

- ❖ Random
- ❖ Only for already fit folks
- ❖ Any more dangerous than other training systems

# Safety

## Form leads to Function

- ❖ Emphasis is placed on Form
- ❖ Before moving up in weight form must be assessed
- ❖ Good form creates great athletes, bad form leads to injuries and ineffectiveness

<u>SPORT</u>	<u>INJURY RATE</u>
Basketball	1.94-5.7 (per 1000 hrs)
Tennis	2.0-20.0 (per 1000 hrs)
Soccer	5.0-12.0 (per 1000 athlete-exposures)
Football (practice)	4-10 (per 1000 athlete-exposure)
Football (games)	36 (per 1000 athlete-exposure)
<b>Powerlifting</b>	<b>1.0-4.4 (per 1000 hrs)</b>
Running	2.5-5.8 (per 1000 hrs)
<b>Olympic weightlifting</b>	<b>3.3 (per 1000 hrs)</b>
Gymnastics	5.4-7.96 (per 1000 hrs)
<b>CrossFit</b>	<b>3.1 (per 1000 hrs)</b>

# Benefits for Kids



- ❖ Kids brains are like sponges:
  - The more kids can be exposed to when they are young, the more connections and capacities they develop and retain for the rest of their lives.
- ❖ Develop children on an emotional level:
  - We work with kids on sportsmanship, leadership, teamwork, listening skills, self-discipline and manners.

*Effectiveness of after-school interventions at increasing moderate-to-vigorous physical activity levels in 5- to 18-year olds: a systematic review and meta-analysis*  
Br. J. Sports. Med. 2016



# Grades 6-8

- ❖ General warm up with emphasis on the movements and skills we will be doing that day.
- ❖ Specific muscle group activation drills, positioning work, and mobility drills.
- ❖ Strength-building and honing in technique for weightlifting and gymnastic movements.
- ❖ Metabolic Conditioning
- ❖ Cool down, stretching

## Grades 9-12

This level will be much the same as the 6-8 grades. Although some of these kids will have had some form of athletic training before, we will still be starting each new block from square one. Once they are moving properly and safely we will be able to integrate more high-skill drills and movements.

At this age, depending upon each individual's current skill level, we will be able to start pushing weights and intensity more and more on a case by case basis.

Incorporate more sport specific drills to help progress their performance in team sports.

# How We Can Branch Out

- Competitive CrossFit
- Club Teams
  - Weightlifting Club
  - Powerlifting Club
  - Strongman/woman Club
- Triathlon Competitions
- Gymnastics

