



Youth Program Description

Training is for ages 9-18. At the *Youth* level we teach *Posture, Core, and Flexibility*. Teaching body awareness, (biomechanics) how the body moves to help prevent injury. At the *High School* level we teach more *Speed, Agility and Sport(s)/Position(s) Specific Movements*. The S.M.A.R.T Stretch Technique will be incorporated into this program for health/body maintenance and injury prevention. **Clinic/Training will be for 1 hour.**

Up 2 Speed Training we focus on three areas.

1. SKILLS: Proper Running, Tackling and Blocking.

We believe that proper biomechanics can prevent many injuries but also create efficient and explosive energy that all athletes of all level are looking for.

Athletes will learn the specifics of:

- Sprinting arms
- Running
- Jumping and Bounding
- Proper landing



We add various patterns and resistance once the athlete has mastered the basic fundamentals of running, jumping and landing. Then we add sport specific exercises to help the athlete connect dots between proper mechanics and performance on the field.

2. Strengthen: *Core, Upper Extremities:* Shoulder Girdle, Elbow joint, Wrist and Fingers.
Lower Extremities: Hips, Knees, Ankle and Toes.

How to create and absorb energy

- Biomechanics
- Sport Specific Exercises

3. Flexibility: Focusing on hamstring, quadriceps, calves, shoulders and lower back.

Physical Care through the S.M.A.R.T Stretch Technique

- Injury prevention protocol that primes or prepares the body for training or for a game
- Body maintenance protocol to speed recovery after training or game

***Before an airplane goes out onto the runway the airplane goes through a series of diagnostics and evaluations. Why is this important? Passenger safety is a "Priority". The airplane has to be in proper operational condition before taking flight. Up 2 Speed Training takes this same approach with all of our athletes. Their health is our number one focus and increasing their performance while decreasing their risk of injury. With the S.M.A.R.T Stretch Technique, we know that we can teach the athlete to do a self evaluation of his or her physical condition and perform the necessary techniques to alleviate most of any physical discomfort to perform at a competitive level.

We know that a balanced and healthy body is the most long term competitive advantage any athlete can have.

This program is 10 one hour sessions to be completed within a 3 month period, times are offered on Saturday 12-1, Tuesday and Thursday 4-5 or 5:15-6:15. Ideal group size can range from 10-15 maxing out at 20. The cost for this program is \$150. This program will be offered from March -July. This is the 1st sports program that aligns it's philosophy with that of martial arts. We hold each Athlete responsible for the following:



1. Commitment
2. Respect
3. Patience
4. A positive/professional attitude
5. Be opened minded
6. Be on time
7. Communication

The program requires the following:

RULES:

1. Be safe.
2. Introduce oneself with a confident hand shake and eye contact.
3. When anyone enters our training space make them feel welcome by Applying rule #2. Make the time to introduce yourself.
4. Have fun!
5. The Athlete (**not the parent**) needs to provide 24 hours notice if they are unable to attend a planned training session. Failure of notice will result in a charged session. Of course, in case of uncontrollable circumstances, this is reviewable.
6. Athletes must wear appropriate apparel. No opened toe shoes. No extra baggy clothing. Shorts and shirts must be modest. Athletic shorts only. Athlete must wear socks.
7. Athletes must bring water/ sports drink or at least a water bottle they can refill to remain hydrated through the session.
8. Athlete needs to bring clean (no mud on them) running shoes to each sessions. They will also need to bring a small workout towel as well.
9. Athlete must remain academically eligible to train.
10. Athlete will abstain from all forms of alcohol, tobacco and any form of illegal drug.

_____Parent

_____Athlete