

Youth Summer Cross Training

Why is Cross Training so important for young athletes?

Today's youth athletic programs are incredibly competitive and require high levels of athleticism and general fitness. Spending time on conditioning, cross training, range of motion, injury prevention and mental clarity during practices takes away valuable time from learning drills, plays and technique training.

More importantly, with most sports becoming year round, it's critical that kids take part in activities that train muscles other than the ones they use for sport specific training. Resting those overused muscles and working opposing muscle groups will help to prevent injuries down the road.

Physical Culture(v) has created a program for young athletes who want to realize their athletic potential and have an extra edge on the competition.

FAQs:

1. Is my child right for this program?

Yes, any child can benefit from this training whether he/she is an athlete or just wants to have fun while gaining strength and endurance. We will progress only as the child progresses and there will always be modifications to suit each athlete.

2. How old does my child need to be to participate?

We are focusing on kids between the ages of 10-14. Exceptions will be determined on a case by case basis.

3. Who will be training my child?

The sessions will be taught and observed by certified and licensed personal trainers and fitness instructors. The program will be created by and cleared by a licensed Physical Therapist, Tara Johnson. We will also have Theresa Tuma and Luke Johnson who will be co-coaching cross training sections.

Tara Johnson, MPT

*Orthopedic and Sports Physical Therapy
Institute for Athletic Medicine Clinic
College of St Catherine's MPT Program
Concordia College, Moorhead, MN*

Theresa Tuma

Theresa is a certified Yoga Calm instructor for youth. As a past educator, she has now turned her passion for working with kids into leading yoga and mindfulness in schools, health care settings and instructing the youth fitness/yoga events at Physical Culture. Theresa believes yoga helps children feel connected through their mind, body and heart--helping them lead successful lives both on and off the playing field.

Luke Johnson

*Division 1 hockey commit (Providence College)
Sioux City Musketeers USHL
Edina Varsity Hockey Captain 2016-17*

4. What will the training sessions be like?

The first 55 minutes of the sessions will consist of a boot camp, cross-training method using mostly body weight along with ropes, bands, ladders, boxes, medicine balls and other fun gym toys to maximize athletic performance, strength and conditioning. Using body weight and minimal equipment will allow us to focus on optimizing your athlete's raw endurance, stamina, power, speed, coordination, agility and accuracy. The last 30 minutes will be spent focusing on joint mobility, mental clarity, balance, spinal alignment and overuse prevention (see below for more info on overuse injuries). This all attributes to your athlete's overall balanced fitness he/she needs in order to be better at their sports and to avoid injury. We will plan to be outdoors for most cross training sessions (weather permitted) and indoors for the flexibility and mobility portion.

5. How can you be sure my child won't be injured?

While there is never any guarantee, you can rest assured that our trainers and our program is designed with safety as our number one concern. Mechanics and technique will always be introduced before we add intensity

to any workout. As parents ourselves, we know how important it is to keep your child safe. We will not tolerate any behavior by our trainers or by fellow youth athletes jeopardizing the safety of other participants.

Youth Athletic Training Program Pricing

\$180 per child- 6 weeks of youth athletic training

Boys- Tuesdays 8:30-10:00am Jun 12th-July 24th (excluding July 3rd)

Girls- Wednesdays 8:30-10:00am June 13th- July 25th (excluding July 4th)

*Custom programs can be arranged for teams who want to train together- call 952-CULTURE or email angie@physicalculturev.com for more details.

My child plays enough sports- why is this program so important? Please read the following article:

Chronic Overuse Injuries in Kids

Experts attribute this increase to the fact that more youth today are specializing in one sport at an early age and training year-round.

All these injuries can be linked to overuse; doing too much, too often. Gone are the days of switching to a new sport each season; the two or three-sport young athlete seems to be a thing of the past as the competition, access, and seasons expand to year-round.

Another factor cited in a review of sports-related overuse injuries in children is that there has been a decrease in regular daily physical activity outside of dedicated sports training time. The injuries are most often seen in the epiphyseal cartilage, especially in the knees, ankles, and feet. Girls are more at risk according to a 2015 study. The highest proportions of overuse injuries were seen in tennis, swimming, dancing, track, running, gymnasts and cheerleaders.

Youth Sports Specialization Has a Price in Overuse Injury

This sports specialization seems to have come with a price. Playing a variety of different sports throughout the year was a form cross-training that was extremely beneficial to a young body's physical development.

Playing multiple sports, at different times of the year gives some muscles a chance to rest while others are being worked. Now those same muscles and joints are used non-stop and have no recovery time.

Training the same muscles year-round is believed to be the main cause of the rise in overuse injuries in young athletes.

The repetitive stress can cause young bodies to break down. When you stress the same body parts over and over again, there's a risk of injury.

Kids Should Play a Variety of Sports - Avoid Specializing in One Sport

*Young athletes need to vary their training just like pros do. All pros have an off-season where they change their training routine and **rest more**. They still specialize in one sport, but they adjust their seasonal training to allow complete recovery. No one can go 100 percent in a sport year-round without risking injury or reduced performance.*

Many physicians who treat these injured kids feel that the solution is education for parents and coaches so that they can see the warning signs and pull kids off the field before injuries get serious.

The American College of Sports Medicine has published Injury Prevention Guidelines for Young Athletes as a reference for kids, parents, and coaches seeking to keep kids safe during sports.

Sources:

The American College of Sports Medicine

Alabama Sports Medicine and Orthopedic Center

Launay F. "Sports-related overuse injuries in children." *Orthop Traumatol Surg Res.* 2015 Feb;101(1 Suppl): S139-47. doi: 10.1016/j.otsr.2014.06.030. Epub 2014 Dec 30.

Stracciolini A, Casciano R, Friedman HL, Meehan WP 3rd, Micheli LJ. "A closer look at overuse injuries in the pediatric athlete." *Clin J Sport Med.* 2015 Jan;25(1):30-5. doi: 10.1097/JSM.000000000000105.

