



HIGH PERFORMANCE YOUNG ATHLETE PROGRAM

To Whom It May Concern:

We are writing to invite you to enroll in our high performance young athlete program, the program has been designed to enhance young athletes development by preventing injury occurrence and assisting individuals in reaching their highest level of performance.

Current research suggests that because young athletes train repetitively in one skill set that they maybe at higher risk of major injury for a variety of reasons inclusive of repetitive strain, muscle imbalance and a decrease in ability to cope with alternate conditions. Strength and conditioning training can reduce this risk by increasing the strength of the bodies tissues inclusive of bone, muscle, tendon and ligaments, a well balanced and specified program can also address muscle imbalances and train athletes to cope with a wider variety of movement patterns¹. Not only this but increasing strength increases all performance parameters giving athletes an edge over their competition. We have just finished our first trial term of the program at Keep Active Osteopathy and have had some great results, with athletes demonstrating a decrease in their individual injury risk and and increase in all performance parameters. *Value of Resistance training for the reduction of sports injuries. Fleck, SJ and Falkel, JE*

The program will incorporate athlete screening for individual injury risk, it will also measure performance parameters inclusive of strength, power, speed, agility and endurance. Training programs are then developed and prescribed for individual athletes, they will be run in training blocks designed to fit in with off-season, pre-season and in-season. Programs are aimed to develop performance parameters to increase overall performance, as well as addressing injury prevention and rehabilitation where necessary.

Athletes are encouraged to participate in the program over a twelve month period to get full training benefits, however we can take athletes on a term to term basis. Please read over the page for more information regarding term dates, program outline and cost.

If you require any further information about this program or if you are interested in exercise prescription for injury prevention and improvement in performance but don't want to participate in the program itself we can provide a variety of alternative options. Please contact us on details listed below.

Thank you for taking the time read the following information. We look forward to hearing from you.

Kind Regards,

Dr. Jana Bruinier (Reg. Osteopath)
Keep Active Osteopathy
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Shepparton VIC 3630
(03) 5832 7925
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Term dates: prospective dates are outlined below these may alter slightly.

	Assess/Education Day	Beginning	Ending
Term 1	Sunday 5 th February 9am-1pm	Monday 30 th January	Friday 31 st March
Term 2	Sunday 23 rd April 9am-1pm	Monday 24 th January	Friday 30 th June
Term 3	Sunday 16 th July 9am-1pm	Monday 17 th July	Friday 22 nd September
Term 4	Sunday 8 th October 9am-1pm	Monday 9 th October	Friday 15 th December

Program Outline:

	High Performance Athlete Development Program
Format	<p>Assessment/ education day:</p> <ul style="list-style-type: none"> - initial functional screening for individual athlete injury risk - initial fitness assessment strength, power, agility, speed and endurance - education regarding training, training load, recovery and rehabilitation - education regarding adequate nutrition to meet training demands <p>Term/s:</p> <ul style="list-style-type: none"> - 2x weekly 45minute small group (4 athletes maximum) training sessions - periodised training upgrades each term <p>Other:</p> <ul style="list-style-type: none"> - ongoing communication with athlete, parents and coaches - on-site injury management and advice - discounted in clinic treatment (20% off all consultations)

Program Cost: cost of term one is reduced due to decrease in duration of term.

Cost	Term 1: \$365 Term 2: \$400 Term 3: \$400 Term 4: \$400	Training costs covers screening date and two times weekly training sessions
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