



Strength & Conditioning - 2023 Pathways

During physical maturity an athlete will progress through various stages of growth and development. Throughout this process the following components are still developing (i.e. underdeveloped); mobility, stability, proprioception and coordination. It is important to note that high volumes of sport-specific training may contribute to an increased risk of injury during this period of development. These risks are elevated further during periods of accelerated growth, commonly referred to as a 'growth spurt'.

A well planned strength & conditioning pathway should challenge and develop mobility, stability, proprioception, general strength, coordination and balance. This has the benefits of improving movement to maximise sport-specific training, improve sports performance and minimise the risk of injury. This is our aim throughout the following three ŌTC Strength & Conditioning Pathways.

<p>ŌTC Barbell Club</p>	<p>Positive Physical Development</p> <ul style="list-style-type: none"> - Timetabled lunchtime sessions Mon-Fri - FMS, RTSC, AMSC - Fuel the flame 	<p>1:30pm - 2:10pm</p> <p>Mon & Wed: Junior Club Tue & Thur: Senior Club Fri: Open workout</p>
<p>Sports Teams & Individual Student-Athletes</p>	<p>Youth Sports Development</p> <ul style="list-style-type: none"> - School sports teams / individual athlete - Timetabled sessions Mon-Fri - Injury prevention - FMS, RTSC, AMSC - Develop physical qualities - Testing each term - Develop the ability to produce force 	<p>AM = 7:00am - 8:00am PM = 3:30pm - 4:30pm</p> <p>Mon AM: Juniors Mon PM: Seniors</p> <p>Tue AM: Seniors Tue PM: Juniors</p>
	<p>Youth Sports Performance</p> <ul style="list-style-type: none"> - Gifted & Talented student-athletes - Own S&C programs from external coaching staff - Require space and time in S&C rooms - May require S&C programming and supervision - Develop the ability to produce force 	<p>Wed AM: Juniors Wed PM: Seniors</p> <p>Thur AM: Seniors Thur PM: Juniors</p>
<p>FMS: Fundamental Movement Skills</p> <ul style="list-style-type: none"> - Assess movement in and out of movement patterns including animal walks & crawls - Squat, Lunge, Hinge, Rotate, Brace, Push & Pull - Continuous assessment can highlight injuries and muscular imbalances 		
<p>RTSC: Resistance Training Skill Competency</p> <ul style="list-style-type: none"> - Health & Safety - What, Why & How, training and exercise selection <ul style="list-style-type: none"> - What physical qualities need to be targeted? - Why does it need to be targeted? - How do we target it? 		
<p>AMSC: Athletic Motor Skill Competency</p> <ul style="list-style-type: none"> - Fundamental movement skills, Lower body bilateral, Lower body unilateral, Upper body pushing, Upper body pulling, Trunk/Core conditioning, Plyometric abilities, Speed & Agility. 		