



Health fund rebatable 6 weeks Pre-Season program for Youth Athletes with an Accredited Exercise Physiologist

WHAT CAN A PRE-SEASON PROGRAM DO FOR A YOUTH ATHLETE?



Reduce risk of injury:

An individualised program will assist the athlete to develop relevant physical capacities and motor control which has been shown to reduce the risk of injuries.



Build movement competency

Motor skill training for a youth athlete will enable them to take advantage of the promoted natural windows for learning and help them progress within their sport.



Development of athletic qualities

Including speed, agility, aerobic and anaerobic capacity, flexibility, and mobility development. These desirable characteristics are associated with successful sports performance.



Individualised sport-specific programming

Sports require specific movement competencies, strength, and come with risk of common injuries. An individualised and sport specific program will take these factors into consideration to ensure the athlete is well prepared to play their sport.



Injury rehabilitation:

Creating a plan with a graded reintroduction into sport specific training, based on objective data.



Strategies to optimise physical and mental wellbeing

Monitoring various wellness and performance markers ensure both physical and mental wellbeing is optimised

FAQS

What's involved in the initial session?

- Thorough assessment and understanding of the athlete
- Goal planning
- Injury screening
- Aerobic and strength testing

What is an Exercise Physiologist?

An EP is a health care professional who uses exercise science principles to enhance athletic performance, prevent injuries and optimise recovery.

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