



Training for the younger athlete:

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**Fitter, Faster, Stronger...**



# A consideration for you...

Take a moment and consider the amount of time your child currently spends playing sport...

Now consider how long they spend learning and developing the underpinning movements and skills that are needed to be successful in these sports...

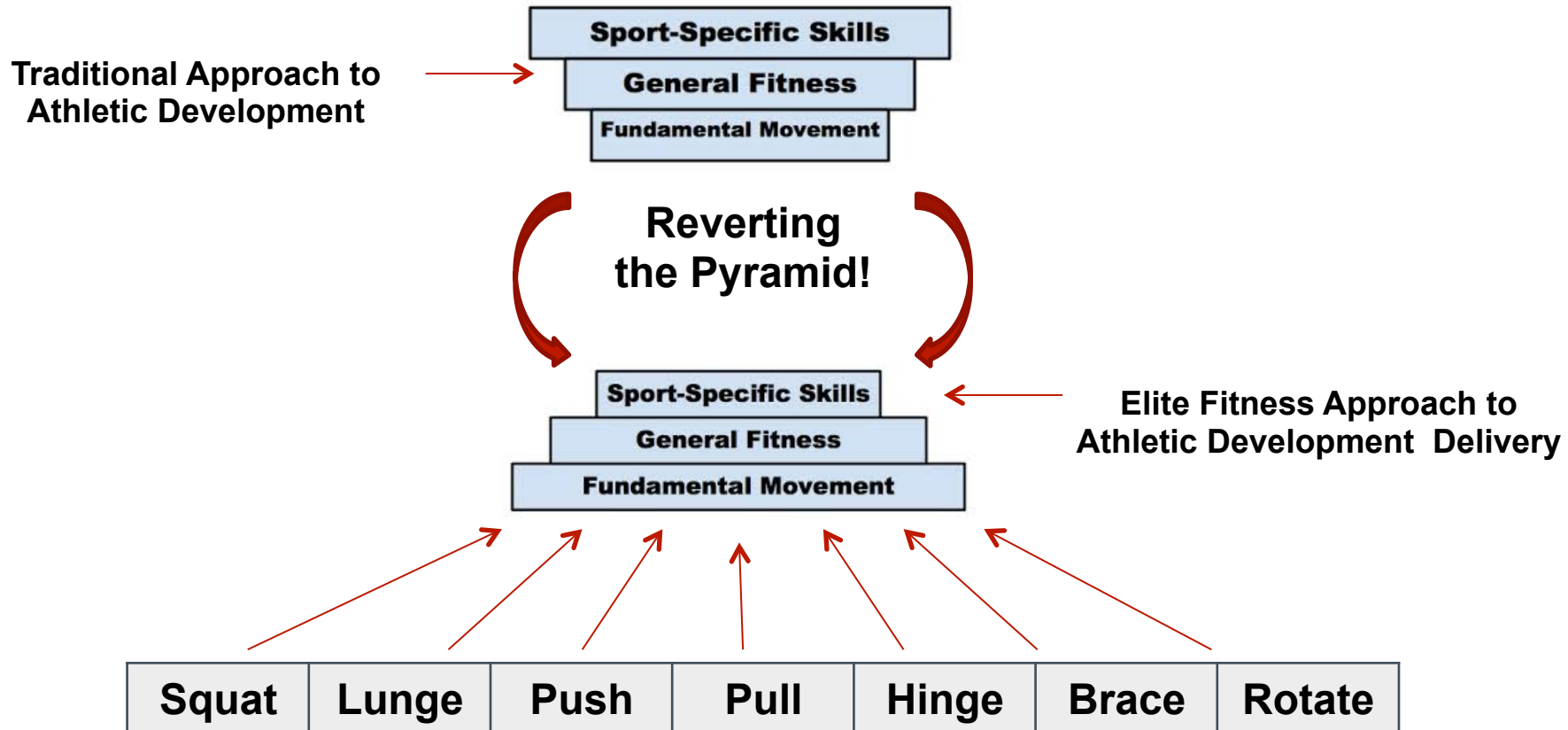
Is the ratio anywhere near close to even?

**Yet we know that..**

**Poor Movement Patterns with Inappropriate Training Load and Progression =  
Compensation, Dysfunction and Reduced Performance**

**Repeated Compensation and Dysfunction = Potential Overuse Injuries and Burnout**

# Training the younger athlete: The Elite Fitness Way





# Fitter, Faster, Stronger

*Providing a Unique Solution to a 21<sup>st</sup> Century Problem*

## Adolescent Movement Development Programme

- Fundamental Movement Pattern Development
- Athletic Movement Development
- Corrective and Preventative Exercise Prescription

## Regular Screening, Assessment and Monitoring

- Functional Movement Screen
- Physical Competency Assessment
- Peak Height Velocity Monitoring

## Access to our Adolescent Class Timetable

- Including Hot Yoga, Teen Circuits and Teen Spin



# At Elite Fitness, we deliver...

- Sahra Hassan is a Professional Golfer on Women's European Tour and has worked with us since she was 14 years old.
- Peter Creed is a Professional Squash player, Wales Number 1, Top 80 in the World and is representing Wales in the Commonwealth Games 2014.
- James Strong was Wales U21 International, and a Barbarians 7s player. We worked with him to develop his Strength, Conditioning and Speed Work during his late teens, in order to reach his international potential.
- Ciara Richards is Under 13s Welsh Squash champion, and Ranked Top 3 in Europe.
- Rob Earnshaw played for Cardiff City FC, we dealt with his Speed and Agility training whilst he was in Cardiff City Youth Squad.



# Fitter, Faster, Stronger: The details

## **Fitter, Faster, Stronger Classes**

Monday to Friday 4pm – 5pm & 5pm – 6pm

Saturday 1pm – 2pm

## **TeenFit Classes**

Check our live timetable at [www.elitefitness.co.uk](http://www.elitefitness.co.uk)

**Fitter, Faster, Stronger Membership: £36pm**



# Take this opportunity

We are the only full time athletic development programme outside of professional sport for the younger athlete in Wales.

We are limited to only 8 young athletes per class.

Make sure your child has the opportunity to be a part of this unique training group and register their place now...

Phone us: 02920 555272

Email us: [Info@elitefitness.co.uk](mailto:Info@elitefitness.co.uk)

Follow us: Twitter @EliteFitnessCF5