

TERM 4 PROGRAM

Children – 2000 to 1997 born
Summary of desired training activities

BUILDING THE ATHLETE

Prepared by the VAC Professional Staff
Books – Kaufman – Brown
September 2011



team
HOTHAM
Athletics Department

Term 4 Base program – Children

Check out the contents of this workbook for the Children's conditioning program for term 4

Start training phase: **Monday, October 3**

End training phase: **Sunday, December 4**

Length of training phase: **9 weeks**

Next training phase: **starts February 2012**

Who can I get in touch with if I have questions?

Trent Kaufman – trent@mhrs.org.au – 0401 713 881

Steve Brown – steve_brownau@yahoo.com.au – 0402 206 655

Jeff Books – jeff@mhrs.org.au - 0431 071 121

What this workbook **is**:

- A brief listing of the key exercises and recommended volumes for children during term 4
 - 2000 to 1997 born athletes
- A brief explanation (& image) of key exercises

What this workbook **isn't**:

- A complete guide to what needs to be done with young athletes
- A replacement for structured contact time with VAC Strength and Conditioning coaches
 - The term 4 program represents phase 1 of the children's program using an easy to follow **introductory program** and basic structure requiring minimal equipment

Term 4 base program – children

Training Focus:

- Increase stability
- Increase strength – base strength & endurance
- Develop technique
- Increase stamina – aerobic priority
- Establish effective training habits – work ethic, initiative and intensity
- Increase understanding of what is required for success on snow – what is required to train and compete at a high level day in day productively and injury free

Windows of Optimal Trainability C1-C2

- Stamina
- Athleticism – ABC's
- Strength – big muscle groups
- Strength endurance
- Flexibility



Term 4 program design - brief

The program is designed to hit key elements for young ski racers. Each of the key elements listed below are featured in separate module . Each module is intended to present relevant information in a clear – simple – easy to follow training package

- **Strength**
 - Whole body
 - TRX suspension training
- **Balance 1 & 2**
 - 1 static – easy, base level
 - 2 dynamic – more challenge
- **Core 1 –2 – 3**
 - 1 static - easy
 - 2 functional – more challenge
 - 3 rotational – most challenge
- **Agility & coordination**
- **Energy systems**
 - Aerobic priority
 - + Anearobic work
- **Flexibility**

Program design by Kaufman – Brown – Books

Booklet by Books



Term 4 base program – children

C1 – 2000 / 1999 born

C2 – 1998 – 1997 born

Total Hours of Activity per week

14-16 hours +

14-16 hours +

Mix of structured (school sport, organized sport, VAC conditioning sessions) and unstructured activities – age group play.

Specifics

C1 – 2000 / 1999 born

C2 – 1998 – 1997 born

- | | | |
|-------------------------------------|-----------------------|-----------------------|
| • Strength – whole body | 2 sessions per week | 3 sessions per week |
| • Balance 1 & 2 | 2-3 sessions per week | 3-4 sessions per week |
| • Core 1 & 2 & 3 | 2 sessions per week | 3 sessions per week |
| • Agility & coordination | 3+ sessions per week | 2-3 sessions per week |
| • Energy systems | 2-3 sessions per week | 2-3 sessions per week |
| • Flexibility | 5-6 sessions per week | 5-6 sessions per week |



Children's program

How to read the programming sheets

- Check the out the information below for an overview of how to read the programming sheets
- Get in touch w. any of the S & C staff w. questions anytime

	1	2	3	4	5	6	7	8	9	10		
Balance 1												
Low to moderate level of challenge	Sets	Reps	Speed	Order	I	Wt	Recovery (sec's)	Challenge	Comments		C1 benchmark	C2 benchmark

1. **Sets** – a group of repetitions.
2. **Reps** – reps is short for repetitions. This is the # of times you will complete each exercise within a set.
 - Example: 3x 12 crunches would mean that you will do 12 crunches consecutively, then rest – 3x times
3. **Speed** – the desired speed of execution – we will generally use the terms slow, controlled, moderate or explosive
4. **Order** – the intended order of the exercises
5. **Intensity** – the desired intensity of the exercise, often posted as a %
6. **Weight** – the weight that you will lift for the exercises
7. **Recovery** – desired rest time between sets
8. **Challenge** – ways to increase challenge for an exercise
9. **Comments** – general comments and technical reminders – cue words
10. **C1-2 benchmarks** – targeted volume – quality for the exercise

Program design

- Individual design (volumes, exercises, targets) for those who attended the programming & testing weekend on Sept 24-25 – individual plans sent via e mail the week of Sept 26
- Generic design (as featured in the relevant modules) for those not present on the weekend of the 24-25

Equipment

Gear that you need:

- Running shoes
- Water bottle – 1L preferred

Gear that is nice to have:

- Heart rate monitor
- Bosu
- Balance disc(s)
- Agility ladder
- Balance board
- Foam roller
- TRX – for C2's only
- Medicine ball



Products are available at AOK Health at discounted rates – stay tuned for information on a bulk order coming your way in October, in the meantime contact Jeff Books for purchase information

www.aokhealth.com



Staff

Trent Kaufman – VAC Strength & Conditioning Coach

- Masters of Exercise and Sport Science (Strength and Conditioning) – Edith Cowan University
- Bachelor of Exercise and Sport Science (major in Exercise Physiology & Sports Nutrition) – Deakin University
- Level 4 - Australian Professional Ski Instructors Association (APSI)
- Development Level Coach – Canadian Ski Coaches Federation (CSCF)
- Level 3 Telemark coach – Professional Ski Instructors of America (PSIA)
- Head Children’s Coach – Mt Hotham Racing Squad
- 20 seasons of international coaching and teaching experience

Steve Brown – VAC Strength & Conditioning Coach

- Level 2 - ASCA Strength & Conditioning Coach
- Completed a Strength & Conditioning traineeship at the VIS
- Level 4 - Australian Professional Ski Instructor’s Association (APSI)
- APSI Examiner, instructor trainer and demo team member
- High Performance Coach - Canadian Ski Coaches Federation (CSCF)
- Steve is currently completing a Masters in Strength & Conditioning at Edith Cowan University
- Steve recently completed a stint as physical preparation coach for the Australian Aerials Development Squad
- FIS Coach – Mt Buller Race Club

Jeff Books – VAC Sport Development Manager

- Level 2 - CSCA Strength & Conditioning Coach
- High Performance Coach – Canadian Ski Coaches Federation (CSCF)
- Level 3 – Canadian Ski Instructor’s Alliance (CSIA)
- Level 3 – National Coaching Certification Program (NCCP)
- FIS Youth and Children’s Committee
- Education in Exercise Physiology and Sports Science
- 15 years of coaching experience
- 12 years of program management experience

TERM 4 PROGRAM SPECIFICS

CHILDREN – 2000 to 1997 born

BUILDING THE ATHLETE



team
HOTHAM
Athletics Department

Testing

Process

1. Athletes do testing
 - Results sent out via e mail within 72 hours
2. Age group normative data & targets – goals
3. Individual plans delivered to athletes– plans designed & delivered by VAC S & C staff
 - Planning confirmed, or adjusted based on testing results
4. Results are accompanied w. base program featuring individual volumes, goals etc.



Testing cont'd

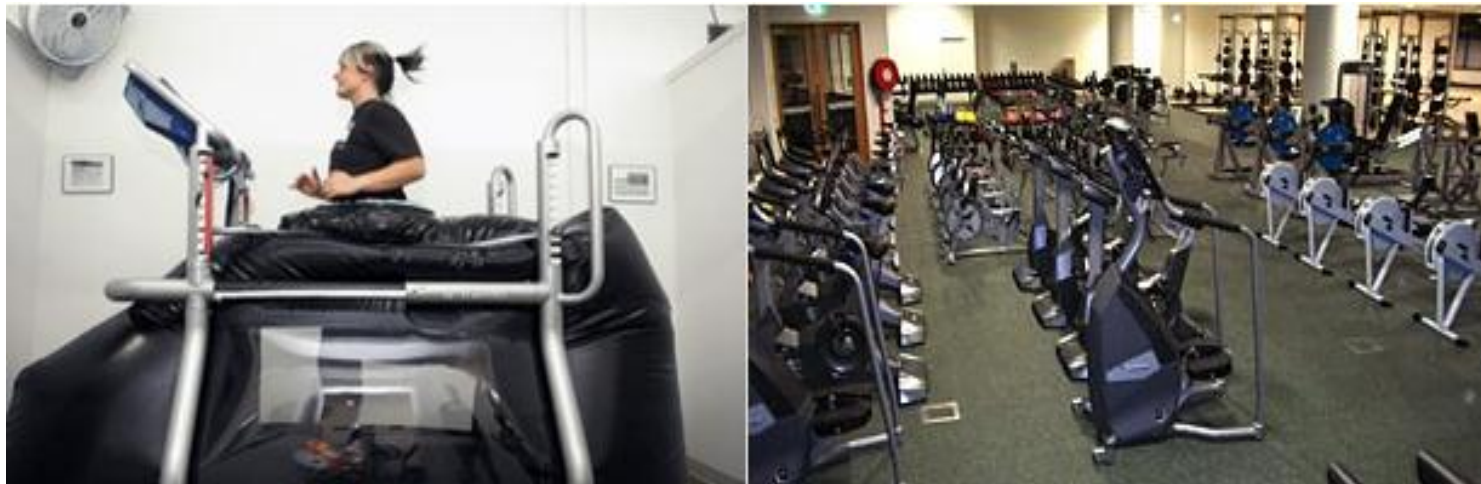
Dates & Location

- Saturday, **November** 19 – Sunday, November 20
- Saturday, **April** 14 - Sunday, April 15
- Saturday, **June** 16 – Sunday, June 17
- **September** – late, dates to be confirmed

Testing takes place **4x annually**

- All sessions essential for athletes in performance stream - one off testing of limited use
- 2 for recreational stream – 3 for C1's

All sessions run at MSAC & ESS Performance – similar structure to this weekend



Term 4 overview

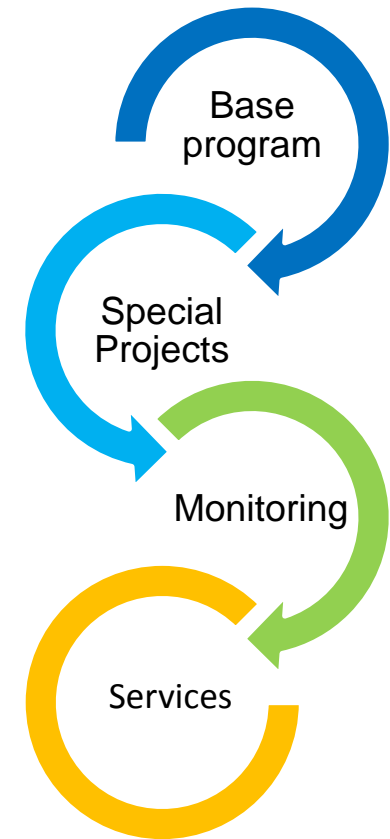
Term 4 – Children

- ⇒ Saturday 2-4pm @ Faulkner Park
- ⇒ Sunday 10-12am @ Faulkner Park
- ⇒ Tuesdays 5-7pm @ the Botanical Gardens
- ⇒ Thursdays 5-7pm @ the Botanical Gardens

Term 4 – FIS

- ⇒ Saturday 2-4pm @ Faulkner Park
- ⇒ Sunday 1-3:00pm @ Faulkner Park
- ⇒ Mondays 5-6:30pm @ Boost Performance – tbc
- ⇒ Wednesdays 5-6:30pm @ Boost Performance – tbc

** U10's (incl. parents) from 8:30-10am Sunday mornings



Term 4 Special Projects

1. Surf & Multi Sport Camp

- Thursday, October 6 to Saturday, October 8
- Anglesea
- All age groups
- RSVP Friday, September 23 - still open for enrolment

2. Ice Hockey Skills Camp

- Saturday, November 5 – Sunday, November 6
- Ice House, Docklands
- All age groups
- RSVP 1st week of October

3. Circus – Gymnastics Skills Camp w. Anthony Khouri – OWI Acrobatics Coach

- Saturday, November 26-Sunday, November 27
- Location to be announced – Melbourne
- All age groups
- RSVP 1st week of November

The next 12 months...

- **Term 4 2011** – Monday, September 26-Sunday, November 27 - 9 weeks
- **Term 1 2012** – Monday, February 13 – Sunday, March 25 - 5 weeks
 - Athletics & base conditioning
 - Weekend sessions only
- **Term 2 2012** – Saturday, April 14 – Sunday, June 17 – 9 weeks
 - Special projects, base conditioning & specific conditioning
 - Testing x 2 @ start & end of phase
 - Weekend & midweek – similar structure to term 4 – if that works
 - Increase in intensity & specific nature of training activities
- **Term 3 2012** – w. home club
 - Midweek supporting sessions
- **Term 4 2012** – Saturday, September 29 – Sunday, November 25 - 9 weeks
 - Special projects, base conditioning & specific conditioning
 - Weekend & midweek sessions – similar structure to term 2