



High Performance Youth Training

PARENT HANDBOOK

About The Youth Sessions Format

The classes have now been split into 3 groups to ensure each child gets the best workout possible in a safe and controlled environment. The goal is to have a system that will allow the child to be consistently making progress as their body changes and develops, as well as, their level of competition improves. We have designed a standardized fitness testing for the 10-14 year olds and the 14+ groups. This testing will happen quarterly (September, December, March and June) and all includes a baseline test for new athletes coming into these two classes. Report cards will be sent out every 3- 4 months, if regular attendance has been maintained, at least 2x per week. The goal is to train safely and effectively in a fun and challenging environment.

Why Specific Age Groups

The 3 age categories cover the 3 main levels of the Athletic Development Model. The program is designed this way to ensure that the training is fun, safe and effective. This model allows the training to grow with your child, guiding them and their body to proper athletic and physical development; While helping to create a well-rounded athlete, which will allow them to higher levels of sport.

Age Group Breakdown

“FUNDAMENTALS” (6-9 YEARS)

Classes for this age group run weekly on Tuesday and Thursday at 5:30pm with coach Nickie

“LEARN TO TRAIN” (10-14 YEARS)

Classes for this age group run weekly on Tuesday and Thursday at 5:30pm & Saturday at 9:00am with coach John

“ATHLETIC STRENGTH & CONDITIONING” (14+ YEARS)

Classes for this age group run weekly on Tuesday and Thursday at 6:30pm & Saturday at 11:00am with coach John

How often should my child be training per week and why?

Maintenance of regular attendance is crucial for your child's success and ability to progress through the program weekly and monthly. The schedule has been designed to give enough rest between workouts for optimal recovery and performance. This will also allow for the proper skills needed to develop and improve overall.

“FUNdamentals” (6-9 years) - 1-2 sessions per week

Learning the basics in a safe & fun environment. These sessions are geared toward play and improving physical literacy.

“Learn to Train” (10-14 years) - 2-3 sessions per week

Basics to Structured Training. Programs are designed to progress the child's performance month to month. Here we teach technique of basic fundamentals of exercises under low to moderate load. Ensuring proper form is ingrained and maintained as they grow and progress. The results from this level will provide proficiency and strength to complete advanced movements with moderate load.

“Athletic Strength & Conditioning” (14+ years) - 3-4 sessions per week

This level the intensity is higher and the lifts are very structured with an individualized program for each athlete. These programs follow a general periodization format. All athletes are trained at a high level while building on their current skill set. The goal is to create highly skilled, well-rounded athletes that can excel at the college level and beyond. Olympic lifts and power training become a necessary component of the program.

How can I prepare my child for the group sessions?

- Always bring a water bottle
- Provide a nourishing snack to eat before and after training sessions
- If diabetic bring simple sugar drink (ie. apple juice)
- Proper athletic footwear (ie. running shoes)
- Comfortable and breathable workout clothing (ie. basketball shorts, t-shirts)

Youth Code of Conduct

NO CELL PHONE USAGE

As your child may need to contact you they are more than welcome to bring their phone.

However there is absolutely no cell phone use during the session unless there is an emergency.

Fighting, Bullying, Swearing and Discrimination will not be tolerated. Suitable action will follow including a possible ban from the program and One Health Clubs.

Classes start on time, please don't be late!

Parents, please be advised that the High Performance Training Center is for group classes and Personal Training sessions ONLY! If you would like to watch your child during the class, feel free to use a cardio machine available outside the H.P.T.C.

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Meet The Coaches of Our Youth High Performance Program



JOHN CARDEN

Coach for 10-14 year olds and the 14+ groups
BA Kinesiology Health Promotion, NSCA CSCS, PN 1, FST Level 1

John has been a coach for the Youth Program since February 2018. He is a Strength and Conditioning Specialist and a graduate of Sheridan Kinesiology and Health Promotion degree program. He is also an Elite Level Powerlifter and former National Track Cycling Team member. John has also been an assistant strength coach with the University of Guelph football team and head coach of the Gryphon Performance Academy. His specialties include athletic development and training fundamentals, particularly weight training and sports performance training. John has a wide range of experience working with all age groups and levels of athletes from the CFL to house league hockey. His goal is to create a well-rounded athlete from teaching proper lifting, running mechanics, incorporating plyometric training, explosiveness and agility drills.

Please contact John at: j.carden@hotmail.ca



NICKIE TIELEN

Coach for 6-9 year olds
BSc Kinesiology and Minor in Human Nutrition, Postgraduate studies in Exercise Science and Lifestyle Management, Personal Trainer, Fitness Instructor and Yoga Instructor

Nickie has recently re-started coaching youth as of September 2018, but has 4 previous years coaching youth sports camps. She is a graduate from the University of Waterloo for a bachelor of Science in Kinesiology, minoring in Nutrition, as well as a graduate from Humber College with postgraduate studies in Exercise Science and Lifestyle Management. In addition to being a Personal Trainer and Fitness Instructor, she also enjoys teaching Yoga to all ages. Nickie has over 10 years' experience volunteering with youth through Girl Guides of Canada. She also serves as a mentor for the girls, and encourages them to reach their potential. Nickie has a wide range of experience teaching physical fitness to youth, and coaching children as young as 4 and she has taught yoga to kids as young as 7. Her goal is to introduce fitness at a young age, in a fun manner to encourage children to stay active, agile and healthy for life.

Please contact Nickie at: tlnn0035@humbermail.ca

For all other inquiries please contact the H.P.T.C. Coordinator Jacqueline Raposo at
jraposo@onehealthclubs.com