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Tips from Peak Performance

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Preparing for Success:

- o **Train to Play or Play to Train?**
 - Remember: To function at a higher level, athletes need to Train first to play well and be prepared.
 - ◆ If playing a sport was all that's required then everyone playing would have the same flexibility, strength, power, explosiveness...etc
 - ◆ Playing is not enough
 - ◆ Some bodies have weaknesses or underlying issues that if addressed with proper training beforehand can reduce time lost to injury and help you achieve PEAK PERFORMANCE

- o **Functional Training**
 - Does it look, feel, smell like your sport to your body?

Ok...here's an example for you.

I walked into the kitchen last week and immediately was hit with the aroma of fresh baked bread in the oven. I didn't need to open the oven door. I didn't need to literally see the bread with my eyes. I didn't even need to taste it (just yet) or touch it. My body....my nervous system KNEW it was bread.

While Sports Training should NOT just merely be and is not as simple as loading of sport movements with tubing and heavier weights, the training you do should be like that bread to your nervous system. There should be some patterns of movement, some activation of balance and strength and stability and coordination that start to look, and feel, and “smell” like your sport.

If your brain and body have to make a huge jump from how you’re training to what it needs to accomplish on the court or field...then you’re not training FUNCTIONALLY.

That doesn’t make your training WRONG. And there are times in a training cycle where it’s ok and even preferred to not train “functionally” but at some point your body has to learn and integrate movement patterns that it will use in practice and games. Sports Training is not just a matter of putting lots of effort in at lifting weights and jumping on boxes and sweating and being yelled at like Boot Camp.

- **Am I Throwing a Shoe....or a Ball?**
(Sorry...you’ll have to listen to the show for this one!)

- Avoid limiting your training to ONLY typical Bodybuilding or Football Team lifting programs if you’re not preparing for that exact sport.
 - ◆ Two sided (bilateral) simultaneous wt lifting
 - Unlike most sport demands
 - Most sport movements are asymmetric (ie, L/R side of body not doing same motion at same time)
 - Many sport movements involve rotation
 - Two sided barbell or other lifts *shut down* rotation
 - ◆ Eg’s: Bench Press, Squats, Military Press, Pullups

 - ◆ NOTHING INHERENTLY WRONG WITH THESE EXERCISES ...

BUT JUST KNOW WHY YOU’RE DOING WHAT YOU’RE DOING...

KNOW WHAT YOU’RE GETTING OUT OF IT

AND, WHAT YOU’RE NOT GETTING OUT OF IT

- “Look What I Found”
 - ◆ Who designed your young athlete’s training program?
 - A coach?
 - A parent?
 - A teammate?
 - A magazine?
 - A trained professional?
 - ◆ Is it age appropriate?
 - ◆ Training level appropriate?
 - ◆ Did you just pick up a Pro team, college team program to apply to high school athletes?
 - Is that appropriate and safe?
- What about “Grooving the Motion”
 - Quality of motion before worrying about LOADING motions
 - Not as simple as “grooving” by loading sport movements as primary means of training (ie. swinging heavy bats, performing throwing motion with tubing, shooting hoops with medicine balls...etc)
 - But don’t forget **Variability Creates Adaptability**

Call Peak Performance if you want to find out more about training

REMEMBER....

IF YOU EXPERIENCE AN INJURY THAT IS CAUSING PROBLEMS IN HOW YOU PERFORM DAILY ACTIVITIES OR YOUR SPORT, OR THAT IS STILL PAINFUL AFTER 3-5 DAYS THEN MAKE SURE TO SEE A HEALTHCARE PROFESSIONAL

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