

Why should my child engage in physical training?

There is now an abundance of evidence that physical training offers young people a range of benefits including improvements in physical fitness, enhanced health and wellbeing, and a reduced risk of injury. Importantly, the evidence shows that regardless of age, sex, maturity, or ability, young people can make meaningful changes when following an appropriately designed physical training programme.

Physical Training: What it should involve?

- Training allows your child to have fun and enjoy being active in a safe environment.
- Training is designed and coached based on the technical competency of the child rather than how old they are.
- Training is progressed in a sensible and systematic manner.
- Training is designed and coached by a suitably qualified individual.
- Training involves exposure to a range of activities and challenges.

Physical Training: What it shouldn't involve?

- Training that chases performance at the expense of safety or technical competency.
- Training based solely on the age of the child (e.g. U12s) without taking into account the technical competency of the individual.
- Training progressed in an unrealistic and sporadic manner.
- Training that is unsupervised.
- Training that focuses on a very narrow range of exercises or activities.

Based on:

Lloyd, R.S. et al. (2016). National Strength and Conditioning Association position statement on long-term athletic development. *Journal of Strength and Conditioning Research*, 30(6), 1491-1509

Bergeron, M.F. et al. (2015). International Olympic Committee consensus statement on youth athletic development. *British Journal of Sports Medicine*, 49, 843-851

