

# Mount Erin Sports Academy Newsletter



## Welcome to 2015

Welcome back to Mount Erin Sports Academy for 2015, and welcome to all the new students that are starting in the academy this year.

AEP training will be held on Wednesday's Period 3 for juniors and period 4 for seniors, for all sports. However there will be no Athletics Training in Term 1, due to Ballam Park Athletics Track being re-surfaced. Sessions will be made up later in the year.

## Strength Training for Junior Athletes – Yes or No?

Strength and conditioning is vital in the development of athletes. Professional organisations spend a great deal of time and money to improve the outcomes for their athletes.

Strength and Conditioning has always been at the forefront of what we deliver at Mount Erin within the Sports Academy. Morning training sessions, AEP classes and coaching sessions have been designed to prepare the athlete. In the case of the morning training, some students don't attend so it requires a greater level of commitment in order to achieve the same success.

There has been a lot of research into adolescent (both pre-pubescent and post) regarding strength and conditioning in recent years which has informed the way we deliver Strength and Conditioning to our students. Previous thinking was that any strength training will stunt adolescent growth and increase the likelihood of injury. Dr. Robert Malina reported in the Clinical Journal of Sports Medicine that "resistance training programs did not influence growth in height and weight of pre- and early-adolescent youth". Dr Avery Faigenbaum released a paper in the Clinics in Sports Medicine stating that "despite the contention that strength training was inappropriate or dangerous for young weight trainers, the safety and effectiveness of youth strength training are now well documented, and the qualified acceptance of youth strength training by medical and fitness organizations is becoming universal". Faigenbaum et al went further to add these recommendations that have been applied not just in the private sector worldwide but in high schools throughout the world and have been endorsed by the Australian Institute of Sport.

They state:

1. A properly designed and supervised resistance training program is relatively safe for youth.
2. A properly designed and supervised resistance training program can enhance the muscular strength and power of youth.
3. A properly designed and supervised resistance training program can improve the cardiovascular risk profile of youth.
4. A properly designed and supervised resistance training program can improve motor skill performance and may contribute to enhanced sports performance of youth.
5. A properly designed and supervised resistance training program can increase a **young** athlete's resistance to sports-related injuries.
6. A properly designed and supervised resistance training program can help improve the psychosocial well-being of youth.
7. A properly designed and supervised resistance training program can help promote and develop exercise habits during childhood and adolescence.

Within the Sports Academy, student Strength and Conditioning is focussed on improving "The Basics". Our training regime works on explosiveness, bi lateral and unilateral lower body exercises, upper body pull and push exercises and a core exercise. Technique is critical for injury prevention and the development of appropriate muscular contractions. Resistance is added once the student can master the movement pattern. We prescribe each activity with the understanding that 10-15 repetitions and 3 sets are to be completed.

We understand that some of you may not wish your child to undertake these strength exercises possibly due to previous understanding or experiences. If that is the case we encourage you to first undertake some reading on the matter, and second, let your child's AEP teacher know and we will design a different regime for them.

**Student Achievements:**

**Ebony**

Ebony, Year 7 Sports Academy student competed in the Victorian Junior Championships in the 80m hurdles and won the bronze medal. Ebony is now off to the Australian Junior Championships in Sydney this March.

**Tayla**

Tayla, Year 8 Sports Academy Student won a Silver Medal in Triple Jump at the Victorian Junior State Championships. Tayla is now off to the Australian Junior Championships in Sydney this March.

Both Ebony and Tayla have trained extremely hard to achieve their spots in the Australian Junior Championships, we as a Sports Academy are proud to acknowledge Ebony's and Tayla's Achievements and wish them the best of luck.

**Chloe**

Chloe, Year 11 Sports Academy Student has been picked to represent Victoria in Netball. Chloe will be competing in the Under 21's Ladies Indoor Netball Super Nationals this May in Sydney. We are proud of her achievement and we wish her the best of luck.



**Wednesday AEP Coaching Dates for Term One:**

Basketball - Steve Blackley

Juniors: 18th March  
Seniors: 18th March  
25th March



Basketball - Andrew Bogut

Juniors: 18th March  
Seniors: 18th March  
25th March



Netball - Kelly Haynes

Juniors: 18th March  
Seniors: 18th March  
25th March



Football - Dom Hudson/ Stingrays

Juniors: 18th March  
Seniors: 18th March  
25th March



Soccer - William Rae

Juniors: 18th March  
Seniors: 18th March  
25th March



Cricket - Peter Buchan

Juniors: 18th March  
Seniors: 18th March  
25th March

