



Athletic Development in the Adolescent

Workshop with

NICK GRANTHAM

9:00am, Sunday 16th September, 2018

Workshop Outline

This workshop deals with the realities of working with young athletes. Nick will share with you insights based on his experience working in performance sport. He's developed athletic curriculums for a wide range of sports, trained youth athletes who have gone on to deliver world class performances as senior athletes, and he's also been there to pick up the pieces when faced with athletes who have been overplayed or over-trained.

Drawing upon leading up-to-date research, Nick will take you through his evidence-based approach to the physical preparation of children and young athletes and show you how to apply these concepts in the real world using practical movement and gym based training.

In this workshop Nick will explore key topics in strength and conditioning, including:

- Myths and misconceptions of physical preparation and the youth athlete
- Planning and periodisation considerations for youth athletes
- Practical introduction to physical preparation strategies for youth athletes including:

- Strength, power and plyometrics
- Speed and agility
- Metabolic conditioning
- Mobility and flexibility
- Injury reduction

This is an essential workshop for all students of strength and conditioning or paediatric exercise science, as well as any coach or trainer working with children and young people.

Short Biography

Nick's career spans four Olympic cycles working with many of the countries most talented athletes to help them realise their potential. A sought after 'expert' recognised as a specialist in athletic preparation with a wealth of knowledge, Nick has a great ability to make the complex, seem obvious and simple. Nick has established athlete development pathways for a wide range of sports including Gymnastics, Netball, Tennis, Basketball and Football. His support and insight has helped prepare athletes to compete at Olympic, Commonwealth, European, World Championship and Premier League standards and he is currently part of the support team working with U-18 mens national football team.

To book your place please email: orladoolin@sportssurgeryclinic.com

Price
€160

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