

The Season has started...Now what?

Hello and welcome back. It has been a while since we last talked and I hope everyone has had a great and successful off-season. We spent our summer working hard with our athletes in our Performance Camps and saw some amazing improvements and changes in most all of our athletes. As a side note, I want to personally thank all of you who participate in our Summer Performance Camps and a special shout out to our staff for whom all of this would be impossible.

All of our college athletes are now back at their respective schools and from the sounds of it are doing well and performing at high levels during training and games. For most of them, their season has either begun or will begin in the coming weeks and we wish all of them a safe, healthy and successful campaign. I, for one, will be eagerly watching to see how you do.

Our younger aged athletes are also back into season, with most teams training to begin their seasons within the next week and some beginning their seasons with travelling out of state for a beginning of the year tournament. You guys and girls were outstanding this summer and I know I will be catching your games so be on the lookout for me on the sidelines.

As all of you start not only your seasons, but your school year as well the early morning risings, challenging and defining training sessions and blood, sweat and tears that went into your summer becomes difficult to fit into an already busy schedule. However, I want to stress how important it is that you continue some form of training during the season. It cannot be stressed enough, so here goes....

The muscle and strength gains and improvements in sprint technique/speed and fitness are all ends to the means of success on the field and have to be maintained just like a car engine. Consistent, but modified input to your system is key to maintaining muscle strength and flexibility/pliability, enhances your ability to recover and sustain output during the season and, when working with a program such as ours that has a physical therapist in charge, allows for quick assessment and treatment of any injuries that may arise during the season.

Continuing your program during the season will promote injury prevention, by sustaining muscle health and enhance gains made during the off-season. It should necessarily be the focus of this in-season program to gain more muscle size, but rather maintain gains made in the off-season and entertain motions and activities that assist with avoiding and preventing injury that may occur. Many of our athletes continue a modified version of their summer program during their season and thus far have been able to avoid season interrupting or ending injuries. They have also had less of a drop off their summer improvements in terms of strength and fitness that inevitably occurs during season and have an easier transition into their off-season programs and training. As we all understand, most sports have seen a shorted off-season, especially soccer, and therefore, constant maintenance is a key to whatever goals you may have.

We are here to help you achieve and maintain YOUR goals. Contact us today!