

It Is Never Too Late

Hello to all and here's to a great opening start of the season. In the rush to get everyone up to speed, we often forget what is truly important. We can't wait to start fitness training and polish up the technical side of the players' game, but we over look some of the most important aspects of our athletes.

The summer is over. Sorry to be captain obvious, but it is true. So, does that mean that all the work one has put in during the summer is over as well? Does it mean it is too late to begin a program that enhances strength and flexibility and sets up the foundation to avoid injury? Does that mean all focus should now turn to the technical and tactical training that comes with the season only to set aside the components that are the groundwork of success? The simple answer is no, it is not too late. It's never too late.

I argue that anytime is a good time to begin a strength and performance program as long as it is built around sound training principles and takes into account the training and game schedules that our athletes already have ongoing. Parents and athletes are always nervous adding something into what already appears to be an overwhelming schedule. However, if the purpose is to enhance the positives, limit the negatives and avoid injury along the way, then I suggest that now is as good a time as any.



It amazes me that many programs whether it is club, high school or college seem to cast aside the very essence of sports performance in the hope that they will have more time for "the cool stuff". What is not "cool" about making sure that my athletes are strong enough, healthy enough to make it through an entire season and avoid any form of serious injury in the process? The key here is to make sure that when adding a program in such as the one I am suggesting, that all things are considered. When I say all things, I mean it. A conversation between the trainer/performance professional and the athlete and parents is paramount. Open and honest conversation about school and grades, mental health/psychology of the athlete, nutrition and all things in between must be a part of where and what the program offers. If the athlete and parents buy in and truly understand and believe that you are getting involved for more than just another payday, they will put forth the effort that is required to succeed both on and off the field or court.

It is never too late to add in a performance-training program, but it must be done with the best intentions from all sides.

Until next time.....

