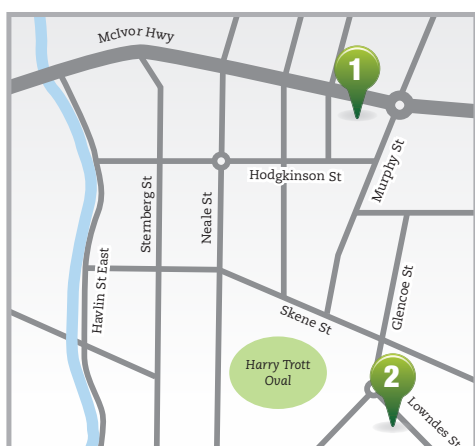




Youth Strength and Conditioning Programs

Our Youth Programs developed when we identified a need for a safe, well-supervised gym program for young sportspeople. Our therapists often see how muscle weakness, lack of stability and poor body awareness contribute to injuries. The use of guided resistance exercise is effective when training a growing body. Our Youth Programs offer close supervision from experienced clinicians, with a strong emphasis on technique and correct movement patterns. These programs are targeted to active youth aged between 12 and 16 years.

Classes are held on a weekly basis during school terms, at a cost of \$154 for 8 weeks. Private Health Insurance rebates may apply. All classes are held at our specialised Exercise Studio in Lowndes Street.



Find us at:

- 1 Main location**
86 Mclvor Rd, Bendigo
- 2 Studio location**
3/11 Lowndes St, Kennington

Youth Girls

Wednesdays

Young female athletes often lack specific strength around their hips, shoulders and core. Awareness of movement and stability training are important components in the development of the young female body. Our girls program also focuses on improving the ability to weight-bear through the upper body.

Youth Boys

Fridays

With the boys, it's not just about the guns! Good technique and control of movement helps steer these eager young bodies in the right direction. Our classes for boys involve resistance and strength based exercise using various equipment. We focus on hip and pelvic strength for kicking athletes, and scapula stability in overhead sports. Close supervision ensures the boys are also using correct techniques.

Individualised programs

Exercise Physiology

We are also able to offer individualised appointments for those wanting to develop specifically tailored programs, or are not able to attend the group times.

Youth Strength and Conditioning – Registration Details

1. Name: _____ 2. D.O.B. _____

3. Address: _____

4. Phone: (H): _____ (W): _____ (M) : _____

5. Treating Physiotherapist (if applicable): _____

6. Emergency contact

Name: _____ Relation: _____

Phone: _____ Email: _____

7. Do you have Private Health Insurance?

Yes - which fund:

No

8. Please list the main sports you are training for:

9. Do you have a history of injury?

Yes - please provide details:

No

10. Are you currently experiencing pain?

Yes - please provide details:

No

11. Do you have any medical issues relevant to participating in the program?

Yes - please provide details:

No

IMPORTANT INFORMATION

Please advise us before commencing any session if, for any reason, your health or your ability to exercise changes (i.e. muscle soreness, joint pain, pulled muscles, minor injuries etc). If you are performing stability exercises correctly you should not experience pain so please inform the physiotherapist immediately if you feel any discomfort during a session or after a previous session.

I confirm that I have read and understood the above advice and that the information I have provided is correct.

Parent/Guardian name (over 18 years): _____

Date: _____

Submit or **Print**