



The Younger Sports Person and Resistance Training (Weight Training)

Resistance or weight-training (not to be confused with the sport of Weight Lifting) can be undertaken by pre-adolescents provided several key criteria are observed.

- only undertake when injury-free
- lifting maximal weights must not be the overriding goal because of potential injury
- always undertake a 10 minute general warm up before a resistance program
- programs must be properly designed and supervised by a qualified instructor or consult with Southside Physiotherapy
- correct technique including proper breathing is paramount-poor technique can lead to injury
- light weights to be lifted at all times and undertake slow movements only
- constant safety checks are to be carried out to ensure equipment quality and correct techniques are practised
- stretching exercises of all the major muscle groups must be undertaken at the end of the session
- Recommended website: www.strengthandconditioning.org/ Australian Strength and Conditioning Association Position Stand (see: Resistance Training for Children and Adolescents National Conference Presentation Dr Greg Wilson PhD.)
- As an approximate guide to parents who do not have resistance training experience, in order to obtain benefits, it is recommended a maximum of up to eight repetitions, 1-2sets, twice per week be undertaken for each exercise for younger sports people. If fitting the time in for resistance training is a problem, splitting the exercises into ½ one day and the other ½ the next day may be a solution.



Remember:

- warm up and stretch first
- don't lift heavy weights
- breathe properly - do not hold your breath
- as a guide: undertake eight repetitions and two sets per exercise
- cool down after by static stretching

For those training younger sports people, to make weight training a bit more fun, undertake functional/dynamic strength exercises using weighted balls, plates, sand bags. These types of training are a bit more stimulating and keep interest.

Please note: this information should serve as a guide only. When in doubt always seek advice from Southside Physiotherapy & Sports Injury Centre or your GP.