



Email to Junior Parents/Athletes:

Dear Parent/Junior Athlete,

We would like to give you all an update on the partnership between BSP and GWG, in particular our involvement with the Junior programs for 2021. While 2021 was a frustrating and interrupted season due to COVID, we were happy with what we achieved and feel we were able to lay some good foundations to build on across the club.

A major Focus of the 2022 pre-season will be setting up and streamlining the Junior program across the club. Our aim for 2022 will be to provide the following services to the Junior athletes at GWG (and the whole club):

- Club Wide Coach Education sessions on our structured warm up protocol to prepare the athletes appropriately for training and games (Approx 10 mins). This will ensure a consistent message is presented across the club. We can have staff come to sessions intermittently throughout the pre-season to continue to educate and upskill and ensure consistency. (Come after a few sessions to check in and adjust as needed)
- Test/Re-test – Pre-season screening/testing (abbreviated)
- Planning and implementation of Speed/COD/Acceleration program (5 mins) – progressive program of 4-5 week blocks with a specific focus – BSP staff can attending first session for technical coaching during pre-season pending staffing availability.
- Progressive conditioning program (5 mins per session) – aerobic, anaerobic, MAS based on performance testing
- Free Injury assessments – Monday 5:30-6:30pm at West Oval
- Discounted Academy (See Below) – more detailed testing, specific programming, wellness and load management
- Concussion management

High Performance/Athletic Development Program: Junior Pilot Program

The team at BSP have been working hard since the end of the football season to improve our community sport and elite athlete high performance programs. We have invested in a number of new software programs to help with programming strength and running training plans and to help to track athlete loads and fatigue levels. We have also invested in some new technology to help with gathering baseline data and tracking progression of clinic (E.g. Strength/Power) and on track/field performance testing (E.g. Speed/Endurance).

Some of these products/services will be rolled out across the entire club for season 2021, however, we are also launching a new high performance athlete service for those who want a more detailed strength and conditioning program. We are launching a pilot program which will run through our current Belmont clinic and will be heavily discounted for Giants Junior athletes.

The reason for starting here is we have had a number of enquiries from junior athletes and their families/coaches about wanting to get into some structured strength and conditioning training. This initial program is targeted at Giants junior athletes and will run from Monday to Thursday after school.

What is involved?

- Initial Movement Screening & Performance Testing (2hour): \$120
 - Completed over x2 sessions (Session 1 – Clinic, Session 2 – Track)
 - Clinic Testing – Assessing Asymmetries, Strength capacity to assist in Injury Risk Reduction
 - Performance Testing – Speed, Power, Repeat Sprint, Aerobic Capacity
 - Individualised Programming

- Monthly Membership \$60 (Normally \$90):
 - Fee is waived for first month (included in Screening/Testing fee)
 - Inclusive of Teambuildr (Strength Program), TrainingPeaks (Running Program)
 - Access to Force plate and load cell testing equipment

- Small Group Coaching Sessions (Up to 5 athletes) \$20 (Normally \$40)
 - 45min sessions – Clinic or Track
 - Recommendation of x2 per week to achieve best outcomes

When will it run?

- Movement Screening– Monday 25th Oct & Wednesday 27th Oct @ Belmont Clinic
- Performance Testing – Monday 1st Nov & Wednesday 3rd Nov @ Bakers Oval
- Weekly Sessions Beginning 8th Nov – 22nd Dec (6 weeks): Monday-Thursday At 4:30-5:30 or 5-6pm

NOTE: From 2022 the program will operate in conjunction with the School terms.

Please remember, this program is an optional extra service aimed at giving giants athletes first access to the option of going the extra mile to work on improving their individual capacity as an athlete in terms of strength, Power, Speed, Agility, Mobility and Co-ordination to help them to achieve the sporting goals.

If you are interested in more information please don't hesitate to give us a call at the clinic on 5241 1431 or drop us a private email at info@barwonsportsphysio.com.au.