

# Enhance Personal Training & Athletic Performance, Inc.

## Functional Sport Training Program

### Youth Sport Performance

(3<sup>rd</sup> through 8<sup>th</sup> graders invited)

#### Dedicated to the Youth Athlete:

- “ Increase your vertical
- “ Become faster and more agile
- “ Improve reaction time and coordination
- “ Develop overall absolute strength and power
- “ Increase range of movement
- “ Decrease risk of injury



#### Enrollment includes:

- “ Dynamic Warm-ups, strength & conditioning, speed, and agility drills specifically designed for the sport/position of interest
- “ Over 20 speed drills that can help improve sprinting and on-field acceleration
- “ Over 40 agility drills that will help improve body awareness and quickness
- “ Several mobility drills to help prevent injury and increase range of movement
- “ Complete pre-season, in-season, and off-season workouts for every athlete

**All athletes at any skill level are welcome!**

**When:** June 14<sup>th</sup> . July 28<sup>th</sup> 2010

**Time:** 10:30 . 11:30am

**Days:** Mondays & Wednesdays  
(Excluding 06/30/10 & 07/05/10)

**Location:**

Waiola Park  
47<sup>th</sup> St & Waiola  
La Grange, IL



#### The Importance of Youth Functional Training:

Poor nutrition, insufficient hydration, improper conditioning concepts, neuromechanical capabilities, muscular imbalances, growth spurts, prior injuries, anatomical misalignment, limited range of motion, and improper strength training techniques are all common causes of youth sport injuries. If children continue to participate in youth sports without the proper training and knowledge of how their bodies move, the number of youth sport injuries will continue to grow. Common sport injuries like Osgood-Schlatter Disease, Little League Elbow, Patella Femoral Pain Syndrome, and Shin Splints can be prevented by administering a structured strength and conditioning program.

**Free t-shirt after completion!**

#### Testimonial:

“Great coach, great program! I have been with Coach Mike P. for almost a year, and I have improved my 40 yd dash time, increased my strength and gained 10lbs of muscle. Can't ask for a better program!+ Football Camper . Josh S (15 year old).

For more information, please contact Mike Padua  
Cell: 312.401.1169 - Email: [mpaduajr@gmail.com](mailto:mpaduajr@gmail.com)  
[www.enhancept.com](http://www.enhancept.com)

## Reading Material

### **Common Mistakes in a Strength & Conditioning Program:**

- É **Following the same program year round:** Boring, plateaus, no progression, joint pains, high risk of injury, and many more non effective subjects come to mind when we use the same type of program and try to get progressioní .it doesn't work! How many times can an athlete perform five sets of five in the bench press, squat, and clean, and realistically achieve any results without burning out. These methods can be seen at many health clubs across the country on a daily basis, with no variation in training or resistance, as well as minimal gains in muscular development of the performer. The reason for this being a mistake is that nothing is implementing or challenging the neuromuscular response that you need as an athlete in order to perform better. Parallel and unparallel program design should be co-existent and developed for pre/in/post season workouts.
- É **Improper Techniques:** Practice makes perfect, unless you practice the wrong technique. Never lift more than what you can handle. This means if you are breaking form to lift the weight, the weight is too heavy. It is better to practice proper form. When the weight is too heavy, our bodies tend to jerk and sway to create momentum to raise the weight. While practicing jerky movement, our bodies are more susceptible to injury.
- É **Neuromuscular Coordination Development is Non-Existent:** Have you ever asked yourself, "how did they do that?" Athletes are constantly thinking and reacting. Within all sports, an athlete has a split second to decide what to do and how to do it. One way of training that involves a lot of discipline, determination, and focus, is neuromuscular conditioning. In order to perform a highly skilled movement accurately, motor units must fire in perfect sequence. If the brain is unfamiliar with the impulse, then the body is not prepared to execute the movement. To perform the movement accurately, the brain must transmit messages smoothly to allow consistent muscular contractions. The purpose of this training phase/technique is to recruit and educate contractile units to optimize the muscle-firing sequence. There are three stages in this type of training:
- ó Cognitive Control ó In this stage the athlete must think through the movement while heavily relying on auto-auditory and visual input.
  - ó Associated Control ó In this stage the athlete becomes more comfortable with the movement and is less reliant on visual and auditory input. The athlete is more alert.
  - ó Autonomous Control ó In this stage the movement is now fluid and needs no conscious thought, it just happens automatically. This is the highest level of motor development.
- É **Non-Use of Functional Strength Techniques:** So one can lift 315 pounds on the bench press or squat 450 pounds. Great, but can they transfer that type of energy and use it for a sport or everyday movement? Chances are they cannot, unless they are involving functional training in their workout routine. Functional training is not standing on a bosu ball with one leg while doing biceps. Functional training is designed to help increase strength, power, stability, and reaction through specific exercises geared for the sport.
- É **No ROM Training:** Range of motion is really important in any sport. As mentioned in all of the above training techniques, fluid body movement is key. Stiffness and tight muscles will just cause injury. Be careful while stretching. Work within range of motion first then slowly increase that range. Participating in flexibility training will help increase range of motion over time. There is no need to go beyond range of motion too fast.

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**Mondays & Wednesdays**  
*Excluding 06/30/10 & 07/05/10*  
**10:30am – 11:30ish am**  
**Waiola Park**  
**La Grange, IL**

Total Cost: \$299

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

E-mail: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Please Check Payment Type:

Cash  Check  Credit

Charge My:  VISA  MasterCard  AMEX

Account #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_ Date \_\_\_\_\_

- *Full payment must accompany the registration form. With a Director's approval, a pro rated fee will be charged to any student enrolling after the start of a session.*
- *Checks are made payable to "Enhance Personal Training & Athletic Performance, Inc."*
- *Class fees are non-refundable except in the following circumstances:*
  - Documented medical disability
  - Class cancellation due to minimum enrollment of 6 participants not being met.

**Please mail registration, health history, consent form, and payment to:**

**Michael J Padua Jr.**  
**811 S. Lytle St. Unit 215**  
**Chicago, IL 60607**

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### Youth Sport Performance

#### Health History Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M F

Medical Professional's Name: \_\_\_\_\_

Medical Professional's Phone: \_\_\_\_\_

Person to contact in case of Emergency:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship to emergency contact: \_\_\_\_\_

**Are you taking any medications or drugs, including over the counter supplements, vitamins, or herbs?  
If so, please list below.**

Medication	Dosage	Prescribed for	When started

**Do you now, or have you had in the past: (check if yes, leave blank if no)**

1. \_\_\_ History of heart problems, chest pain or stroke
2. \_\_\_ Increased blood pressure
3. \_\_\_ Family history of heart disease, esp. Myocardial Infarction less than 50 years of age.
4. \_\_\_ Balance problems, dizziness or loss of consciousness
5. \_\_\_ Living a sedentary lifestyle not accustomed to physical exercise
6. \_\_\_ Have you had chest pain when you were not doing physical activity
7. \_\_\_ Any surgery within the last 12 months
8. \_\_\_ Pregnancy within the last 3 months
9. \_\_\_ History of breathing or lung problems
10. \_\_\_ Muscle, joint or back disorder, or any previous injury still affecting you
11. \_\_\_ Diabetes
12. \_\_\_ Metabolic disease (thyroid, renal, liver)
13. \_\_\_ Cigarette smoking habit
14. \_\_\_ Increased blood cholesterol
15. \_\_\_ Hernia, or any condition that may be aggravated by lifting weights
16. \_\_\_ Do you know of any other reason why you should not do physical activity

**Please explain any "YES" answers on the back of this page**

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*Consent Form*

I, \_\_\_\_\_, give my consent to participate in the physical fitness program conducted by Michael J. Padua Jr. and Enhance Personal Training & Athletic Performance, Inc.

**Benefits**

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength and power.

**Risks**

I recognize that exercise carries some risk to the musculoskeletal systems (sprains, strains) and the cardio respiratory system (dizziness, difficulty in breathing, heart attack). I hereby certify that I know of no medical problem (except those noted below) that would increase my risk of illness and injury as a result of participation in a regular exercise program.

**Known Medical Problems**

\_\_\_\_\_  
\_\_\_\_\_

I have read and understand this form and the program it described, and I do voluntarily request the right to participate in the training program. I do hereby discharge, release, and hold harmless Enhance Personal Training & Athletic Performance, Inc., Michael J. Padua Jr., employees, facility, and agents from any and all liability for damages resulting from injury by participating in the training program.

Participant's Signature: \_\_\_\_\_

Parent/Guardian's Signature (if under age 18) \_\_\_\_\_

Date Signed: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_