

## Scope of Athlete Sport Training Opportunities

***“Sport training is the holistic development of sport skills, physical fitness, mental preparation and desired behaviour through instruction, practice, and discipline. The intended outcomes are increased sport proficiency, maximum potential at every developmental level, enjoyment and a healthy, happy, fulfilling lifestyle.”***

A sport training plan must include the following components according to each athlete’s developmental level, regardless of whether in an individual sport or on a team:

- Technical Sport Skills
- Tactical Instruction
- Fitness
- Psycho-Social Development (Sportsmanship, Self Esteem, Confidence, Mental Preparation, etc.)
- Health & Wellness (including Nutrition)
- Individualized Training Plan

Below is a list of (but not limited to) acceptable training activities & characteristics in no particular order. The activities refer to what to perform; the characteristics refer to how activities can be performed. Each is a separate entity.

Activities
Warm-up / Cool-down & Flexibility Exercises
Cardio, Coordination and Strength Activities
Fitness Testing Program
Preparing for Competition
Technical Training Activities
Tactical Training Activities
Mental Training Activities (Relaxation; Visualization+)
Health & Wellness Activities
Team Building Activities (Psycho-Social Dev.)
Agility Exercises
Sport-Specific Fundamental Skills’ Assessments
Indoor & Outdoor Activities
Nutrition & Hydration Program/Plan
Review/Evaluation Activities
Competition
Appropriate X Training
Medical Assessments
Sport-Specific Rules Education
Home Training Program
Working Out with Others or by Self
Healthy Athletes® Programs
Personal Health
Weight Management Education & Activities
Drug, Alcohol, Smoking & Gambling Education

Characteristics
Commitment to year-round training; punctual attendance
Attendance, training, skills & medicals recorded
Variety, balanced & fun activities that are general & sport-specific
1 hour minimum duration of training; maximizing time
Well-organized, individualized written training plans & logs
Identifying parameters of exertion (minimum & maximum intensity)
Effort toward maximum potential
Setting, monitoring & achieving personal goals
Progress measured periodically (at least beginning & end)
Using safe equipment, training space, environment & activity
Emphasizing proper technique
Injury prevention; rest/recovery time; doctor’s permission to resume
Becoming accustomed to/prepared for a different environment (acclimatization)
Tapering & periodization according to time of year and of season
Athlete leadership provided
Motivational; inspirational; acknowledging efforts/ accomplishments
Sportsmanship emphasized
Support: training partners; personal trainer; social networking via eNewsletter, Skype, Facebook, Twitter, etc.
Social activities w/training activities to assist athletes’ bonding