



Strength & Conditioning Workshop

Wed, 21 Dec 2016

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Strength & Conditioning Team



Quintin



Charmaine



Jason



Elaine

Workshop Timeline

2.00pm - 2.15pm	Introduction Adolescents v/s Adults Warm-ups	
2.15pm - 3.45pm	Push group Pull group Split-leg group Squat group Eccentrics/Abs	Quintin Jason Charmaine Elaine Jason/Quintin
3.45pm - 4.00pm	Q&A and Debrief	

What do Strength and Conditioning Coaches do?

resource development
coaching workshops

Education

conducive high performance
training environment

Facility

Test and
monitor

strength tests
track session loads
performance profiling
training effectiveness studies

Training

age/maturational-appropriate
functional strength & on-site
conditioning

Our Student/Athletes



Support for RT

Controlled studies involving Adolescents: Resistance training and injury reduction

Reference	n	Subjects M/F	Age	Resistance training	Other training	Training duration	Results *
Heidt et al., 2000 (14)	EX = 42 C = 258	F	14-18	WT, PY, SC	CV, SA, FX	7 wk	DEC injuries in EX versus C
Hewett et al., 1999 (16)	EX = 366 C = 463 C = 434	F F M	HS	WT, PY	FX	6 wk	DEC injuries in EX versus C
Wedderkopp et al., 1999 (31)	EX = 111 C = 126	F	16-18	PR, PY		10 mo	DEC injuries in EX versus C
Hejna et al., 1982 (15)	EX = 232 C = 29	MF	13-19	WT	CV, SA	≤1 yr	DEC injuries in EX versus C [†]
Cahill and Griffith, 1978 (5)	EX = --- C = ---	M	HS	WT	CV, FX, SA	5-6 wk	DEC injuries in EX versus C

*Statistically significant unless otherwise indicated; [†]Descriptive observation.
EX = intervention group, C = control group, F = female, M = male, HS = high school students, WT = weight training, PY = plyometrics, SC = sport cord drills, CV = cardiovascular exercises, SA = speed and agility drills, FX = flexibility exercises, PR = proprioceptive training, DEC = decrease, --- = not reported.
WK=weeks, MO=months, yr=year



Warm-up Routines

Help prepare athletes for training and competition.

Goal → Maximize sports performance, ↑ROM & ↓ injuries.

3 Key Components:

- i Increase core body temperature.
- ii Establish and improve ROM through dynamic drills.
- iii Sport/training specific drills.

PRACTICAL SESSION