

# PHYSICAL FITNESS

## Velocity Sports Performance

### Improve General Fitness and Conditioning

- **Flexibility:** Our flexibility program uses static, dynamic, and active isolated stretching techniques in order to develop balanced flexibility and mobility levels. Performed periodically throughout each session, our stretching techniques are designed to increase range of motion, reduce soreness, and reduce the chance of injury. In addition, our Dynamic Warm-Up addresses the mobility and flexibility demands specific to perform movements to improve the physical fitness of each child. This is done with drills and exercises that increase range of motion and flexibility as the child's bones, muscles, and tendons begin to grow.
- **Development of the Neurologic Pathways:** As the body begins to adapt and children start to develop in growth, the body will start to develop Kinesthetic Awareness, or knowing where their joints are. This is realized with Balance and Coordination. Through our movement patterns, children will learn how to control their joints in controlled movements while moving in forward, backwards, and side-to-side directions. This enhances the firing patterns of nerves to muscles and helps children adapt to better muscular control of their body.
- **Multi-Directional and Cardiovascular Conditioning:** Our agility training teaches the proper technique for movement that occurs in multiple directions. The children will learn to increase efficiency by learning how to control their bodies through a sequence of movements from static balance to dynamic footwork and proper leg-drive. We accomplish this with drills and exercises that progress from simple to complex. This method of teaching allows each child to fully comprehend athletic movement at individual learning levels. The exercises are designed for continual movement with calculated rest intervals which improves the cardiovascular aspects at the same time.
- **Core Strength:** At the conclusion of each session, we use exercises that specifically target the muscles of the torso in order to challenge the strength and stability of the low back and abdominals.

