



Loudoun Basketball Academy

Performance Edge – Competitive Strength Training

The key to results in our training is specificity...all training programs are customized to the individual based on several inputs (see below). We offer individualized training protocols done in a group setting. Every athlete starts with an evaluation -- a battery of tests (flexibility, core strength/endurance, lateral movement and vertical testing). This information is then used to develop a custom training program for that individual. Our coaches are degreed, certified strength coaches (i.e. hold degrees in the exercise science field, certifications through the NSCA and master degrees kinesiology). They have many years of experience as strength coaches (at the professional, collegiate and high school levels).

Training programs are more non-traditional in the sense that they are developed from a ground/bottom up approach, with our first and foremost mission/goal being to prevent injury through the teaching of proper movement mechanics, strength and power development, and finally speed & agility training. Most of the competitive team sports in the county, or for that matter, nation, are based on quick explosive movements of a 100% effort/output that then require a brief rest and recovery period that is then repeat throughout the course of a game or tournament. Most practices (if not every practice) for these sports have the athlete performing explosive speed and agility movements and conditioning with little or no regard to movement mechanics or strength development. Each of these athletes learn the specific movements required by their sport from those qualified to teach that sport. However, they do not receive the same qualified instruction and attention when it comes to developing the necessary strength to perform the sport specific movements they will need to withstand the wear and tear and pounding associated w/practicing, games and tournaments.

The ability to move quickly is determined by the strength of muscles to generate force (contract). If those muscles are trained to move weight, they grow (in strength and ability to contract, not necessarily size) if done so through the instruction of biomechanically safe lifting protocols. This allows for more powerful movements with less risk of injury. Our goal is to provide sound movement skills according the athlete's sport and position to increase their rate of force production and reduce the possibility of injuries.

A few details:

- #1 goal is to build strength to prevent injury (or in some cases recover/remain injury free) which will lead to improved speed, quickness, agility, etc. (see below)
- All athletes will start with an evaluation to assess core strength/stability and flexibility, as well as sport-specific assessments.

A few details (cont'd):

- All training is individualized! The key to results in our training is specificity...all training programs are customized to the individual based on several inputs:
 - sport/position
 - goals and objectives
 - evaluation
 - desired frequency and length
- Training programs are phased for adaptation/progression and change every 4 weeks
- We offer a college bound program that includes contacting the designated school of choice, speaking with the said college's strength coach and/or position coach and then working with that athlete to teach them the school's program. Many of our former college bound athletes return to work with us throughout their college careers.

Performance Edge – Training Program Content

Dynamic Warm-Up (5 to 8 min.)

Prepares the body for the demands of a work out or practice:

- Increases heart rate, respiratory rate and blood flow to the muscles
- Increases core body temperature
- Enhances muscle elasticity

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- Warm up with exercises for both the upper and lower extremities
 - Progress from low to a higher intensity
 - Multidirectional movement (Sagittal, Frontal & Transverse Planes)

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- Each client should feel like they are warmed up.
 - They should break a sweat with Dynamic Warm-up

Core Stability and Pre-Hab (8 to 15 min.)

The process of teaching specific injury prevention protocols to increase or maintain functional movement through the use of specific strength, mobility and coordination exercises for the areas of the ankle, knee, hip, back/spine, shoulder, elbow and wrist. Prevent or lessen the risk of injuries before they happen!

Individual/Specific Strength Exercises (35 to 50 min.)

The careful supervision and coaching of weight bearing or resistance exercises based on the individuals or teams required movements for that sport, their cumulative evaluation results, and each individuals/teams mental and physical abilities.

Individual/Specific Strength Exercises – cont'd (35 to 50 min.)

Evaluations (Tested On):

- Vertical Jump
- Core/Strength Endurance
- Flexibility & Body Composition
- Lower/Upper Body Strength
- Pro Agility

Physiological Parameters Developed:

- Rate of Force Development
- Maximum Lower/Upper Body Strength
- Core/Rotational Strength
- Increased Lean Body Mass
- Anaerobic Work Capacity

Stretching/Flexibility (12 to 17 min.)

Each participant will be required and instructed on soft tissue myofascial release (SMR) or foam rolling and the most efficient stretching techniques and protocols for increasing their range of motion.

Loudoun Basketball Academy Training Options

This will be presented for two different “groups” of training:

- A** – younger players (7th grade) → **Youth**
- B** – older players (high school grades) → **Young Adult**

Both groups would receive:

- Waived evaluation fee (\$85.00) for all Loudoun Basketball Academy players (with a training program)
- Post evaluations included
- A training program discount for each program (\$37.50 for 1x/week training; or \$75.00 for 2x or more per week)

A - Youth Training:

As a guideline, we suggest 1-hour training sessions for 10-13 year olds; 1.5 hours as they move into high school. However, if the option to train only 1 day per week is selected, we suggest training 1.5 hours (vs 1 hour). Should they train 2 days per week, an hour session would be recommended to start. Please find those options below...

A - Youth Training:

<p>1x per week – 8 weeks – 1.5 hour sessions</p> <ul style="list-style-type: none"> • Program price = \$280.94 • Monthly payment = \$140.47 	<p>1x per week – 12 weeks – 1.5 hour sessions</p> <ul style="list-style-type: none"> • Program price = \$398.62 • Monthly payment = \$132.88
<p>2x per week – 8 weeks – 1 hour sessions</p> <ul style="list-style-type: none"> • Program price = \$409.58 • Monthly payment = \$204.79 	<p>2x per week – 12 weeks – 1 hour sessions</p> <ul style="list-style-type: none"> • Program price = \$561.88 • Monthly payment = \$187.30

B – Young Adult: (all sessions are 1.5 hours in duration)

<p>1 x per week; 8 weeks</p> <ul style="list-style-type: none"> • Program price = \$280.94 • Monthly payment = \$140.47 	<p>1 x per week; 12 weeks</p> <ul style="list-style-type: none"> • Program price = \$398.62 • Monthly payment = \$132.87
<p>2 x per week; 8 weeks</p> <ul style="list-style-type: none"> • Program price = \$561.88 • Monthly payment = \$280.94 	<p>2 x per week; 12 weeks</p> <ul style="list-style-type: none"> • Program price = \$797.24 • Monthly payment = \$ 265.75
<p>3 x per week; 8 weeks</p> <ul style="list-style-type: none"> • Program price = \$797.24 • Monthly payment = \$398.62 	<p>3 x per week; 12 weeks</p> <ul style="list-style-type: none"> • Program price = \$1155.68 • Monthly payment = \$385.23