



At elite levels, physical fitness is very important because poor physical capacity limits the ability to play at a higher level.

Ideally, athletes should be selected at a young age then given correct coaching in fundamentals and tactics, as well as a progressive conditioning program to enable them to perform at high intensities throughout games. Unfortunately, limited funding and accessibility usually mean that this type of support only becomes available when the female athlete reaches college or a professional level. (www.pponline.co.uk)

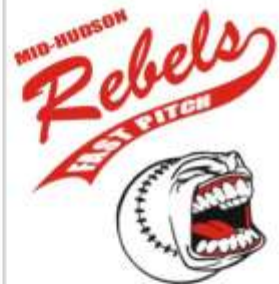
This is NOT the case with the *Mid-Hudson Rebels Girls Fastpitch* organization. In partnering with the YMCA of Kingston fundamentals, tactics, and progressive conditioning is what every female athlete in the organization will receive.

BENEFITS INCLUDE

- **Every athlete will receive a YMCA of Kingston membership**
(12 and under parents will have to accompany athletes)
- **YMCA will be the Rebels training center year around including practices and progressive training**
 - **No multiple facilities**
 - **Effective Date: September 1st, 2013**
- **Promotes overall health, wellness, and prevention of injuries.**
- **CONFIDENT, STRONG, & EFFECTIVE FEMALE ATHLETES**



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Injury causes and prevention in adolescents

The incidence of injury has been shown to be worse in younger children than in college age athletes, and sport is the biggest cause of injury in young adolescents^(11,12). A review of literature on sporting injuries in adolescents last year by Abernethy and Bleakely highlighted the importance of preparation before playing sport⁽¹³⁾. In their review the authors listed some of the proven strategies that assist in limiting sporting injuries. They are:

- Pre-season training
- Functional training
- Education
- Strength and balance training programmes that are continued throughout the season

In the pre-season, the athlete can be taught the use of landing techniques, strength training for the lower limb (especially for females), flexibility, game-related agility and aerobic fitness. These techniques can then be incorporated into a structured warm-up and used throughout the season. Interestingly, with the exception of gumshields, the evidence for use of equipment for reducing injury risk was inconclusive. The role of coaching must also be taken into account, with correct technique and safe tactics being taught. www.pponline.co.uk

Attitudes to resistance training in young females

If female athletes are more likely to get injured than males, and strength/flexibility imbalances are a potential cause of this at college age, surely it makes sense to prevent this earlier on? One reason this may not be happening is a misunderstanding of what RT involves. Having worked in the health and fitness industry and also worked with many female athletes, it's clear to me that proper education and progression leads to confident, strong and effective female athletes. Improper education and no progression can lead to female exercisers and athletes who are often intimidated by their training environment and who lose confidence. There should also be an element of fun, without losing sight of safety, which enables the athletes to enjoy themselves. This is a massive generalisation but it is a real coaching issue; it's a well-known fact that other sports such as swimming lose female athletes when progression, fun and ability are not catered for⁽¹⁴⁾. www.pponline.co.uk

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