

## **BOND WEIGHTLIFTING PROGRAM FOR HOLIDAY PERIOD**

**9.00am – 11.30am**

***Tuesday 4<sup>th</sup> July and Thursday 6<sup>th</sup> July 2<sup>nd</sup> week of school holidays***

### **Why is technique important in weightlifting?**

Incorrect weight training technique can lead to sprains, strains, fractures and other injuries that may hamper your training efforts.

### **Why is it important to use the correct technique when you exercise?**

Performing exercises correctly ensures that the load is placed on the muscles and joints that are being specifically targeted through the movement. Performing an exercise incorrectly can lead to other joints and muscles being loaded or reducing the full benefit from the exercise in the target muscles.

### **Potential Learning outcomes of holiday program on Weightlifting:**

#### **STRENGTH AND CONDITIONING**

- Strength training is a fundamental element for the physical conditioning of athletes of all sports. Strength underpins all athletic performance.
- Understand the importance of physical conditioning to improve explosive power and acceleration/speed around the court and reduce the risk of injuries.
- A commitment towards S & C development will result in improvement in performance.
- Importance of using correct technique when doing S & C
- Understand the importance of the S & C protocols when doing a S & C program.

#### **PERFORMANCE PSYCHOLOGY LEARNING OUTCOMES**

- Appreciate how important it is to achieve balance between your sporting and life areas, and that having balance can impact on your sporting performance in a positive way
- Identify your priorities and understand how to manage your lifestyle to achieve these
- Understand how to use your motivations to achieve your goals
- Goal Setting: understand the need for setting goals across different "areas of success": Sporting and Lifestyle, as they are not mutually exclusive from one another
- Performance Planning: outline your personal sporting pathway including (outcome goals) and time frames to reach set goals.

#### **INTEGRITY IN SPORT**

- Learn how to show sportsmanship and respect towards players and official in your sport

#### **MENTAL SKILLS**

- Identify the different mental skills that can help improve your mental awareness and mental strength
- Acquire the skills to undertake mental skills training in home, training and competitive environments

## **NUTRITION LEARNING OUTCOMES (As part of Recovery)**

### **FUELLING MY BODY**

- Understand the interaction between balancing food intake and energy output and the role this has on performance and the developing body as a young person
- Calculate the amount of carbohydrates and protein required for the specific type of training that you do

### **TRAINING/COMPETITION NUTRITION**

- Make sensible choices for the types of food required before, during and after training or competition – Importance what to eat and when – protein vs carbohydrate etc.
- Understand the importance of timing eating and drinking for optimum performance
- Plan the menu for when you travel, compete etc
- Calculate fluid loss after a training session and amount of water required to rehydrate

### **SUPPLEMENTS**

- Understand the importance of getting professional advice before taking supplements
- Understand the implications of taking supplements and accidental doping.

The athlete must demonstrate the following criteria in a confident manner in order undertake a safe and enjoyable S & C program.

Demonstrate correct and safe techniques and movements determined by the presenter/coach.

## **PRACTICAL WORK COVERED**

Equipment use:

1. Correct training clothes. Shoes, Water bottle etc
2. Weights equipment set up correctly and safely.
3. Correct procedure to loading weights.
4. Correct way to spot and ensure safety of lifter and spotter.
5. Correct chalk use and platform etiquette.
6. Packing away safely and correctly. Bars and weights.

Program Instructions:

1. Listening / Following instructions
2. Reps and Sets explanation
3. Exercise selection and reason why these exercises are an important part of programming.

Warm up / Cooldown:

1. Dynamic Warmup / Pre-hab. and Accessories
2. Order of warmup / Cooldown

Technical Movements covered:

1. Clean (basic introduction of learning) Importance of flexibility
2. Bench
3. Squats
4. Deadlifts
5. Trap
6. Lunges
7. Push press

Holistic topics included in the program.

1. Nutrition
2. Body Maintenance, Recovery, Rehab
3. Sports Psychology