



ATHLETE & PARENT GUIDE

TRAIN | LEARN | PERFORM

MEET THE COACHES



WE BOTH WISH WE HAD ACCESS TO QUALITY ATHLETIC DEVELOPMENT COACHING WHEN WE WERE YOUNGER. WE CREATED THE ATHLETE ACADEMY TO GIVE YOUNG ATHLETES THE OPPORTUNITY, KNOWLEDGE AND COACHING THAT MANY OF US NEVER HAD.

OUR GOAL IS SIMPLE:

TO HELP YOUNG ATHLETES MOVE BETTER, GET STRONGER, RUN FASTER, AND BUILD CONFIDENCE FOR SPORT AND LIFE.

FRASER ALLAN

FOUNDER | HEAD COACH

- BSC (HONS) SPORTS & EXERCISE SCIENCE
- QUALIFIED YOUTH STRENGTH & CONDITIONING SPECIALIST
- 10 + YEARS COACHING EXPERIENCE
- FOUNDER OF THE TIN SHED STRENGTH & CONDITIONING



BRAD O'HANLON

YOUTH PERFORMANCE COACH

- BSC (HONS) SPORTS & EXERCISE SCIENCE
- QUALIFIED YOUTH STRENGTH & CONDITIONING SPECIALIST
- 5+ YEARS COACHING EXPERIENCE



THE IMPORTANCE OF SPEED, STRENGTH, & ATHLETIC DEVELOPMENT



MANY YOUNG ATHLETES SPEND HOURS PRACTISING THEIR SPORT, BUT VERY LITTLE TIME DEVELOPING THE PHYSICAL QUALITIES THAT UNDERPIN PERFORMANCE.

ATHLETIC DEVELOPMENT HELPS ATHLETES:

- RUN FASTER
- CHANGE DIRECTION MORE EFFICIENTLY
- JUMP HIGHER
- DEVELOP STRENGTH AND POWER
- IMPROVE CONFIDENCE IN SPORT
- REDUCE CHANCE OF INJURY
- BUILD LONG-TERM ATHLETIC FOUNDATIONS

THE GOAL IS TO HELP YOUNG PEOPLE DEVELOP SKILLS AND HABITS THAT WILL BENEFIT THEM FOR YEARS TO COME.



WHAT ATHLETES WILL LEARN



ATHLETES WILL DEVELOP PRACTICAL SKILLS AND KNOWLEDGE THAT CAN BE APPLIED ACROSS A WIDE RANGE OF SPORTS AND ACTIVITIES.

ATHLETES WILL LEARN HOW TO:

- ✓ **SPRINT WITH BETTER TECHNIQUE AND EFFICIENCY**
- ✓ **CHANGE DIRECTION QUICKLY AND EFFECTIVELY**
- ✓ **JUMP, LAND, AND MOVE ATHLETICALLY**
- ✓ **DEVELOP STRENGTH SAFELY AND CONFIDENTLY**
- ✓ **DEVELOP STRENGTH AND POWER FOR SPORT PERFORMANCE**
- ✓ **WARM-UP PROPERLY FOR TRAINING AND COMPETITION**
- ✓ **UNDERSTAND HOW TO TRAIN EFFECTIVELY FOR LONG-TERM DEVELOPMENT**
- ✓ **BUILD CONFIDENCE THROUGH LEARNING AND ACHIEVEMENT**



DAILY CAMP STRUCTURE



EACH SESSION FOLLOWS A STRUCTURED FORMAT DESIGNED TO MAXIMISE LEARNING, ENJOYMENT AND ATHLETIC DEVELOPMENT.

- ARRIVAL & CHECK-IN
- DYNAMIC WARM-UP
- SPEED DEVELOPMENT
- AGILITY & ATHLETIC MOVEMENT
- STRENGTH & POWER TRAINING
- PERFORMANCE TESTING & TEAM CHALLENGES
- COOL DOWN & REFLECTION

COACHING THEMES AND ACTIVITIES WILL PROGRESS THROUGHOUT THE WEEK TO KEEP SESSIONS ENGAGING AND CHALLENGING.



PERFORMANCE TESTING

EVERY ATHLETE WILL RECEIVE AN INDIVIDUAL PERFORMANCE SCORECARD

TESTING WILL INCLUDE:

- ✓ SPRINT TESTING
- ✓ AGILITY ASSESSMENT
- ✓ JUMP TESTING
- ✓ STRENGTH AND POWER ASSESSMENTS

ATHLETES WILL RECEIVE MEASURABLE FEEDBACK AND AN INDIVIDUAL PERFORMANCE SCORECARD TO TRACK PROGRESS THROUGHOUT THE CAMP.



SAFETY & COACHING STANDARDS



ATHLETE SAFETY, ENJOYMENT, AND LONG-TERM DEVELOPMENT IS KEY. ALL SESSIONS ARE DELIVERED BY QUALIFIED COACHES AND ARE DESIGNED TO BE AGE-APPROPRIATE, PROGRESSIVE, AND ENJOYABLE.

WE FOCUS HEAVILY ON:

- ✓ MOVEMENT QUALITY
- ✓ CORRECT TECHNIQUE
- ✓ APPROPRIATE EXERCISE SELECTION
- ✓ INDIVIDUAL COACHING FEEDBACK
- ✓ POSITIVE LEARNING ENVIRONMENT

EVERY ATHLETE IS COACHED AT AN AGE AND ABILITY APPROPRIATE LEVEL, WITH EXERCISES ADAPTED WHERE NECESSARY TO ENSURE A SAFE, POSITIVE, AND REWARDING EXPERIENCE.



FAQS



MY CHILD DOESN'T SEE THEMSELVES AS AN 'ATHLETE', IS THIS CAMP STILL SUITABLE?

ABSOLUTELY. WHETHER YOUR CHILD COMPETES REGULARLY OR SIMPLY WANTS TO BECOME FITTER, STRONGER AND MORE CONFIDENT, OUR COACHING IS DESIGNED TO HELP EVERY YOUNG PERSON LEARN, DEVELOP AND ENJOY THE PROCESS. AN ATHLETE IS ANYONE THAT ENGAGES IN A PHYSICAL SPORT/ACTIVITY, IT DOESN'T HAVE TO BE AT A COMPETITIVE LEVEL.

IS STRENGTH TRAINING SAFE FOR CHILDREN?

YES. MODERN RESEARCH CONSISTENTLY SHOWS THAT APPROPRIATELY SUPERVISED STRENGTH TRAINING IS SAFE AND BENEFICIAL FOR YOUNG PEOPLE. AT THE ATHLETE ACADEMY, ALL EXERCISES ARE AGE-APPROPRIATE AND FOCUS ON MOVEMENT QUALITY, TECHNIQUE AND GRADUAL PROGRESSION.

WILL MY CHILD RECEIVE FEEDBACK?

YES. EVERY ATHLETE WILL RECEIVE AN INDIVIDUAL PERFORMANCE SCORECARD AND COACHING FEEDBACK THROUGHOUT THE CAMP.

DOES MY CHILD NEED PREVIOUS S&C EXPERIENCE?

NO. THE CAMP IS DESIGNED FOR YOUNG PEOPLE OF ALL EXPERIENCE LEVELS, FROM COMPLETE BEGINNERS TO EXPERIENCED ATHLETES.

WILL ATHLETES BE GROUPED BY AGE?

YES. ATHLETES WILL GENERALLY BE GROUPED WITH OTHERS OF A SIMILAR AGE. WHERE APPROPRIATE, WE MAY ALSO CONSIDER PHYSICAL DEVELOPMENT AND TRAINING EXPERIENCE TO ENSURE EVERY ATHLETE GETS THE MOST FROM THE CAMP.

DOES IT MATTER WHAT SPORT MY CHILD PLAYS?

THE CAMP IS SUITABLE FOR YOUNG PEOPLE FROM ALL SPORTING BACKGROUNDS, INCLUDING RUGBY, FOOTBALL, HOCKEY, NETBALL, ATHLETICS, SWIMMING, GYMNASTICS, DANCE AND MORE. OUR FOCUS IS ON DEVELOPING SPEED, STRENGTH, MOVEMENT SKILLS AND CONFIDENCE THAT TRANSFER ACROSS A WIDE RANGE OF SPORTS.