

Keeping Athletes in the Game

Student Athlete At Home Performance Program: Next Steps

Helping Athletes Keep Ready for Returning to the Game

For athletes who have completed the 6-week At Home Performance Program, there is still some work that can be done to keep ready for when sports return. Remember that the program was designed to help get an athlete's body prepared for returning to do more intense training that would normally have been occurring with practices, workouts, and games. In the first 4 weeks of the program, a foundation is laid to help prepare athletes for ramping up the intensity of the work performed. In weeks 5 and 6, a transition period begins where athletes start utilizing sports skills as a growing part of the program. This is a key element to helping prepare athletes for the transition back to sports when the time comes as it allows the body of an athlete to gradually adapt and readjust to all the specific movements and skills of their sport.

As athletes who have completed the 6-week program continue to wait for a full return to sport, they will benefit from continuing to repeat weeks 5 and 6 of the program during the upcoming weeks of transition. This allows the athlete to continue a higher level of physical training that incorporates elements of their sports skills into the program. While not every injury can be prevented, athletes who have completed the 6-week program and continue being consistent with high levels of physical activity and sports skills may lower their risk of potential injury upon the return to sports.

If you have any questions or would like more information, contact us at:

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