



**YOUTH TRAINING by Jesse Boelk**

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**Misconceptions and Benefits of Youth Athletes Strength Training**

All sports have been proven that being stronger improves performance and reduces the risk of injury. The first battle is getting kids motivated to learn how to train and perform better. The cost of hiring a trainer mitigates the cost of an injury not to mention the time it takes to rehabilitate.

Some misconceptions about youth strength training are that it stunts growth, damages bones and growth plates, or just doesn't help young athletes. The truth is that if sports and strength training are done less than 15 hours a week with moderate intensity, growth is not affected. Damage to growth plates can occur, but it is related to improper technique and too much resistance.

**Technique**

It is important to teach and insist on correct exercise technique. A trainer will detect errors in exercise technique and give immediate feedback and guidance and give positive feedback when an exercise is done correctly.

**Program Design**

Circuit training has been found to be most effective when athletes perform exercises for 20-40 seconds focusing on the repetitions. The resistance can come from free weights and machines, but non-traditional forms of resistance - such as rubber tubing, medicine balls, ropes, sandbags and body weight - can make training more fun and less intimidating. Young competitors and their parents need the guidance of professional trainers. At The Club, we provide a science-based starting point for young athletes seeking programming, including warm-up specifics, and application of the NASM Optimum Performance Training.

The NASM OPT™ model progresses through three levels: stabilization, strength and power. You can follow objective weight and repetition goals to decide when an athlete can increase resistance. Young athletes can earn the right to progress to the next phase by improving their resistance training skills and increase load as they are fundamentally sound.

**GENERAL GUIDELINES FOR YOUTH RESISTANCE TRAINING**

Level	Sets	Reps	Intensity	Recovery
Stabilization	1-3	12-15	Low	0-30 seconds
Strength	1-3	6-15	Moderate	30-90 seconds
Power	1-3	3-6	High	1.5 seconds-3 minutes

Faigenbaum 2009

**Stabilization Exercises**

The stabilization endurance phase focuses on foundational exercises to develop motor programs for compound exercises and prime moving muscles. When young athletes learn exercises, they can use body-weight training to emphasize correct body position, form and technique. Young athletes must learn how to perform key training exercises that are building blocks for more advanced training.

**Strength Exercises**

When young athletes have developed a motor program for near-perfect exercise technique and improved stability, they can progress to exercises designed to further boost muscle strength by utilizing increased load and combining stabilization with strength exercises to encourage learning.

**Power Exercises**

Power exercises use explosive movements, so young athletes need to prove they are ready to progress to this phase. They do that by showing competence in exercise technique, physical and mental "exercise maturity," and resistance training skill.

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## ***BAD HABITS ARE GOAL KILLERS by Zack McVey***

For the most part, your trainers at The Club are very positive people; we love our clients and have their best interest at heart. Sometimes that means a little dose of tough love! It's time to examine some behaviors that we continue to come across that are at best goal deflating and at worst damaging to your body. Take the time to evaluate your own progress and give yourself an honest assessment as to which of these, if not several are getting in your way. As always, consult your trainer for assistance if needed.

### Stop avoiding carbs/ fad dieting

I thought this one was gone for good, but it continues to come back to haunt us. You need carbs for energy and to exercise. Carbs are great for your body. It's more about how much you're taking in, how you are utilizing them, and what source you are getting them from. Carb free weight-loss attempts are inherently unsustainable in their approach. The biggest problem begins once these programs cease and the previous poor eating habits resume, causing a regression back to square one. Stop looking at dieting as a quick fix and see eating healthy as a lifestyle and a habit that carries on for life.

### Stop showing up late

Huge pet peeve for trainers. When people show up late, they don't warm up properly which leaves them much more prone to injury which is much more likely to disable you from working out altogether. Obviously a huge goal killer. Take responsibility for showing up on time and getting in a proper warm up and stretch before you train. Your body and trainer will thank you for it!

### Stop thinking household chores are forms of exercise

There is a big difference between staying active and exercise. It's great that you mowed your lawn or walked your dog, but realize that you never got your heartrate up or put enough stress on your body to be considered exercise. Sure it's much better than laying on the couch, but you can't substitute pulling weeds for your 45 minutes of cardio and expect to get the same results. Get to the gym!

### Stop Binge drinking

You know who you are. Having a couple drinks here and there is no problem, everyone deserves to have a good time. However, there are those who look at drinking as more of a profession than a past time, and it isn't doing your waist line any favors. Alcohol is filled with high sugar, high carbs, and empty calories. If your goal is to burn body fat, alcohol is your worst enemy. Put the bottle down to start taking your goals seriously and lose the beer belly or wine pooch!

### Stop skipping stretching

Tight back? Sore knees? Aching shoulders? Most of these problems can be solved by a strict and consistent regimen of stretching and foam rolling. It may not be as cool as bicep curls or dead lifting, but it'll sure help your posture and injury prevention. If you don't stretch, you should expect some form of injury to occur along your exercise journey, just make time for it! Also, don't forget that we do offer multiple times for stretch class.

***DON'T DITCH GLUTEN by Ryan Haug***

Gluten is a protein mainly found in wheat, barley, and rye, as well as baked goods and other foods that contain these cereals. People with celiac disease- an autoimmune disorder affecting at least 3 million people in the United States, avoid gluten because their immune system responds to it by attacking the small intestine. Also CHD (coronary heart disease) becomes a major risk factor in people with celiac disease because of the increased inflammation in the arteries triggered by the intolerance to gluten.

However, more and more people are adopting a gluten free diet, despite its health benefits being unclear. In fact, some nutritionists advise against avoiding gluten. Instead, they recommend a well-balanced diet that includes fruit and vegetables, as well as whole-grain wheat, which are heart healthy and other foods containing gluten.

A gluten-free diet excludes foods that contain gluten - a protein found in wheat, barley, and rye, as well as the byproducts of these grains. Rice flour is a common substitute for gluten in many gluten-free products. Studies have found that rice flour can contain bioaccumulate arsenic, mercury, and other potentially harmful toxic metals from water, soil, or fertilizers. Exposure to these metals has been associated with increased risk of cardiovascular disease, cancer, and other diseases.

Before starting a gluten-free diet you should consult a doctor to pin point your sensitivity to gluten or diagnose the potential for celiac disease. Any major change to your diet should be done in a discipline manner, so have all the information beforehand when choosing your strategy on how to improve your eating habits.

***SUGGESTION BOX***



Have suggestions for The Club?

Ever wanted to give some feedback or ask for some changes?

We want to hear your suggestions.

Please do not hesitate to let us know what you think.

We want to make sure that your suggestions  
and requests are heard and recognized.

## **4 STAGES OF A BASIC WARM UP by Gabe Merritt**

Most of us are used to just doing a quick 3-5 minute warm up and jumping right into our intense workout. Slow down and take your time warming up your body. Not only will your risk of injury diminish, but your body will respond with a higher level of performance throughout your workout.

### **Stage 1: Mobilization and Soft Tissue Repair (5 minutes)**

Mobilization exercises consist of gently and progressively moving each major joint in the body through their available range of movement. Completing each of these for a mere 5 – 10 seconds per movement will serve to gently increase the temperature of all the soft tissues in the body such as muscles, tendons, ligaments and fascia. This is also where we should stimulate your soft tissue by foam rolling. Depending on what you are working on that day, your foam rolling may take more or less time to properly simulate.

### **Stage 2: Pulse-Raise (5 minutes)**

You are now ready to move on to what most people would probably consider a traditional warm-up. Do some light cardio in order for to get your heart rate up and your body temperature raised. This is important for one obvious reason; the prevention of injury. If a muscle and tendon can elongate when subjected to loading, it won't snap, plus it will store and release energy back to the exerciser making the workout more energy efficient.

### **Stage 3: Dynamic Stretch and Movement-Based Flexibility (5 minutes)**

The purpose of this stage of your warm-up is to actively stretch your muscles and take them to the lengths they will experience in the workout. The emphasis here is on "active" or "dynamic" stretching where you are continuously moving. Rhythmic or active movements that take all of the major joints through a full range of movement are initiated by the nervous system.

### **Stage 4: Movement Practice (5 minutes)**

The final phase of your warm-up should consist of warming up with light weight and taking slow reps. The same movements to be performed in your workout, but completed at a slightly lower intensity and velocity. Smooth and coordinated movements rely upon the correct muscles working at the correct times, in the correct sequence and with the correct amount of force and velocity. If it has not become clear already, our bodies move in many directions or "planes of movement."

A proper warm up should take at least 20 minutes to fully warm up your soft tissue, get your heart rate up, and get your joints flexible enough to start pushing safety. Think about this next time you walk in the door 5 minutes after your session begins and ask to skip your workout. If you have questions about your warm up, please don't hesitate to ask your trainer for suggestions.



**Join us for BOOTCAMP**

**SATURDAY MORNING**  
8 a.m. to 9 a.m.

Why boot camp? Well, at *The Club*, we are always looking at different ways to help you achieve your health and fitness goals. Our workouts will work your entire body, increasing endurance, burning calories, and improving your overall health.

**Boot Camp at *The Club* is FREE for everyone, not just members, so bring a friend along for the fun!**

## **TRIGGER POINTS by Steven Saner**

If you've trained at The Club more than once, chances are your trainer has tortured you with something like a foam roller or massage ball during your workout. Despite what you may think, we are not using these tools purely for our evil enjoyment, we are really trying to help your body function properly and feel better. The technical term for what we're doing is "myofascial release". The word myofascial means muscle tissue (myo) and the connective tissue in and around it (fascia). While performing myofascial release, you may also notice knots or bumps that can be very painful when pressure is applied. These "knots" are actually hypersensitive adhesions within your muscle or fascia, called trigger points.

So how do these trigger points form? Usually they are a result of some sort of trauma to the muscle and tissue of your body that causes inflammation. Common types of trauma that can result in trigger points are direct injury from a blow or other accident, repetitive movements (like using a computer or handheld device), and overexerting certain body parts. Trigger points can also be caused by inactivity (laying or sitting too much) and continual poor posture. Once inflammation is created, our bodies' pain receptors are activated which initiates a protective mechanism that increases muscle tension and eventually results in a trigger point.

Well, there's the bad news, but the good news is there are things you can do to reverse the damage. Treatment for trigger points includes therapy for the specific tissue that has already been impacted, as well as correction of the initial cause. The goal of trigger point therapy is to apply pressure to the area to increase blood flow and "break up" the myofascial adhesions, which will allow the tissue to "release" and then be lengthened through stretching techniques. There are varieties of tools that can be used for this depending on the location or severity of the trigger point. Here at The Club we could use a foam roller, medicine ball, lacrosse ball, or the "Hypersphere", which enhances the treatment with vibration. In addition to trigger point therapy, it is necessary to identify the trauma, movement, or inactivity that originally caused the trigger point to form so that you can prevent it from getting worse and avoid the formation of new trigger points.

This treatment for trigger points will work, but only when performed frequently. In most cases it must be done daily to see any significant results. Along with frequent treatment, remember to try different tools. Don't be afraid to ask your trainer for help, if they aren't doing this already. Although the treatment might not be fun, it will pay off in the end.



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## **MEET THE TRAINER by Hap Brecht**

Hello, my name is Hap and I'm a new addition to the training team here at The Club. I'm looking forward to getting to know and working with all of you! I was born locally and grew up in Oak Harbor before moving to Virginia as a teenager. I played all kinds of sports growing up and started competing in powerlifting while studying Human Nutrition Foods and Exercise at Virginia Tech, which only fueled my passion for fitness. There I interned in the athletic department's weight room, where I was able to work with every team from football to golf. After graduating, I became a graduate assistant for VT and earned a masters degree in Educational Psychology and became a certified strength and conditioning specialist. In those 6 years, I worked with ACC champs, National Champs and a few Olympians. Working with so many vastly different sports, goals and people helped me develop a holistic approach to fitness that includes injury prevention, weight training, cardio, mobility and nutrition. I was the leading group fitness instructor at a private gym and found that I have a passion for working with the general population, which led me back home to Washington to work with driven people like you! I love being back and am very excited to be at The Club. The atmosphere is like nothing I've ever seen and am really enjoying the culture that has been created here.



### **We're on Facebook!**

Not a friend on Facebook yet? "Like" us today and look for new recipes and tips to stay lean, healthy and fit, as well as schedule updates and *Club* news!

Just search "*The Club at Gig Harbor*" in the Facebook search bar, look for the logo and click "like".