



"Less Pain, More Gain"

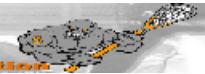
Youth Athletic & Lacrosse Sport-Specific Programs: Winter 2008

Location: all training will take place at the new ARC training center inside the WRSSBA Baseball Training Facility. It is centralized near the baseball diamonds and the corner of 148th St and 20th Ave.



Lacrosse Specific Training Programs: all programs are tailored to meet the energetics & movement demands specific to each athletes sport and individual position.

It is with much excitement that Chad Benson, Msc, CSCS, Kinesiologist, former conditioning consultant to the NLL's Vancouver Ravens, and creator of **ARC Performance Training Systems** extends to you the select opportunity to participate in ARC's Lacrosse Specific program for youth athletes. ARC offers superior, results driven performance conditioning. **The ARC system** is an integrated, innovative training model guaranteed to take performance to the next level. The ARC athlete model creates maximum results with highly personalized programs. With a commitment to small groups & individual attention, no ARC athlete is treated the same. Each ARC training session is 60-90 min. Athletes can chose between 1, 2 or 4 sessions per week. ARC athletes develop strong, explosive muscles, have fewer weaknesses, muscle imbalances, improved body awareness, and are less prone to injury and (or) fatigue.



**'Fun'damental
Athleticism
(Ages 8-12)**



Movement skills and body awareness; the fundamentals to athleticism are obtained at an early age. Athletes in this stage of physical development must have the proper core and movement experiences in order to achieve high-level athleticism. Programming is designed to supplement hand eye coordination and basic movement patterns such as catching, throwing, rotating, pushing, jumping, lunging, & squatting.

Conditioning and first step quickness is developed through a combination of competitive games, running, sprinting, and multidirectional movement.

Strength training is designed to integrate and include the core. Resistance will primarily be obtained from medicine balls, bodybars and dumbbells.

**Learning to Train:
(Ages 11-14)**

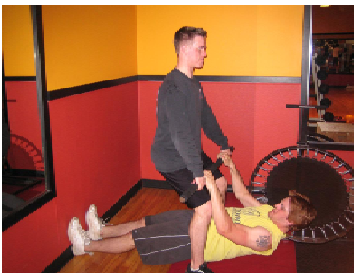


Programming is designed to support **lacrosse specific** skill execution and on field tactics. Athletes who miss this critical period to tactical and athletic development rarely reach their full physical potential. Athletes are grouped and trained according to position and partake in sport specific coordination and performance training.

Training programs will be lower in volume and intensity, but similar in design to the 'Emerging Elite' programs. It is important that heavy strength training or high amplitude plyometric training be avoided during the critical growth phase.

The athlete will be shown game day **lacrosse specific** warm-up, cooldown & recovery techniques. Also pre, post and game hydration / nutritional strategies will be introduced.

**Emerging Elite:
(Ages 15 -18)**



Programming has similar time requirement as the 'Learning to train' phase, but in this phase of development athletes are introduced to advanced strength, conditioning and focus techniques. High amplitude plyometrics and heavy strength training designed to increase lean body mass and power will be implemented.

All training and nutrition programs are highly **periodized** (yearly plan), **lacrosse specific** and individualized to help each athlete turn weaknesses into strengths. To that end, athletes are assessed and prescribed **position specific** performance and rekinect training programs.