

# ***Community Youth Center Sport Specific Conditioning Program***

## **A. GENERAL INTRODUCTION:**

- i. The CYC Sports Specific Conditioning (SSC) Program offers various options to CYC members. As a support program, young athletes and students from CYC can train specifically as a supplement to their sport, or their general lifestyle. Athletes and students alike can increase vital attributes like stability, strength, flexibility, conditioning, and speed. The program is designed and focused on achieving individual as well as team goals. The SSC program can train football players, or athletes involved with basketball, soccer, swimming, and much more. Also available in the SSC program is general and functional fitness. Many members take SSC classes to increase general fitness, maintain healthy bodies, and improvement of self-esteem. A child does not have to be an athlete to benefit from weightlifting and cardiovascular training. SSC also prepares dedicated individuals to become student coaches. These coaches become proficient lifters and also learn various nutritional and stretching techniques. The student coaches will be more prepared to enter a field of physical fitness, if desired. Class participants begin as a novice lifter, and are expected to work up to an experienced lifter requiring little to no supervision. Each student receives a training folder with basic programs aimed at progressing students through new challenges. Progressions are handed out weekly and many programs are available for students as well as athletes.
- ii. At the CYC our goal is to develop young individuals to grow in athletics, academics, and life. We recommend that our athletes take advantage of The CYC Academic Excellence (AE) program. This program is designed to augment our members' current studies.

## **B. PRACTICES:**

- i. **TIMES:** Classes are held Monday through Friday. There are a variety of classes to choose from. Usually members agree to a consistent time frame (generally 1 to 1.5 hours in length at least 2 days per week) within the open hours to train with the coaches. After 7:00 p.m. proficient lifters can workout without the interruption of open hours. There are also additional specialty classes offered like speed and agility, extreme balance training, and flexibility development. See class schedule for current times.
- ii. **RULES:** We expect all of our students to follow these rules and procedures in order to maintain a safe and fun learning environment:

### **General SSC Program Rules:**

1. Must complete the required warm up at the beginning of class.
2. All clothing must match the requirements listed below.
3. During class times the following standard rules are expected:
  - a. EYES watching
  - b. EARS listening
  - c. *MOUTH* quiet
  - d. *HANDS* to yourself
  - e. *RESPECT* others
  - f. *DEMONSTRATE* good sportsmanship
  - g. *USE* equipment correctly

Any student that has problems following the above rules and procedures will be subject to discipline, including:

- REFUSED TO BE ALLOWED TO ENTER CLASS FOR THE DAY
- WARNINGS
- TIME OUTS
- PARENT CONFERENCE
- POSSIBLE DISMISSAL FROM THE CLASS

**Weight room specific rules:**

1. 15 to 20 students max
2. Open hours for intro lifters will be posted weekly by availability
3. I CAN'T is forbidden.
4. Every one starts from as a intro lifter, goals must be determined prior to lift before Novice A
5. No lollygagging nor socializing in the weight room
6. Experienced A can lift anytime with SSC Coach's permission.
7. 2 days a week required
8. If not consistent, student will be dropped.
  - a. If no attendance for 4 consecutive weeks, student will be dropped and required to start from scratch.
9. Only your best effort is excepted

iii. **WHAT TO WEAR AT PRACTICES:** Proper attire for practices: Generally gym shorts and t-shirts are recommended with lifting shoes or tennis shoes.

1. **WEIGHT ROOM SPECIFIC:**

- a. No Jeans
- b. No open toed shoes
- c. No skirts
- d. No open or excessively baggy shirts.
- e. No CELL PHONES.

2. **HAIR:** Everyone needs to have their hair out of their face. Longer hair should be pulled up into a pony-tail..
3. **CLOTHING:** Should be close fitting, not baggy
4. **FOOTWEAR:** Tennis/athletic shoes are required. Shoe laces are preferred.
5. **JEWELRY:** Is NOT permitted, i.e. earrings, necklaces, bracelets, anklets, rings, belly rings, nose piercing, etc.
6. **MARK ALL PERSONAL EQUIPMENT:** Be sure to mark your personal belongings and personal equipment with your name and/or phone number.

iv. **SPECTATORS:** During practice spectators must stay out of the weight room or training mats. **Please do not disrupt practices by coaching or distracting your children from the bleachers or ask the coaches questions during class.** It is difficult for some parents to stay out of the coaching process for their children. The CYC has strong confidence in its coaches' abilities and knowledge of the sport. If you feel you have something constructive to add to the program, please set up a time to meet with the Head Coach or Program Director at a time other than practices. The following are common disruptions that are detrimental to the training process and goals of CYC. Speaking to your child for something other than an emergency, making gestures from the bleachers, calling them away from the training area, coaching your child from the side, or distracting the coach during training. Training times are strictly for the development of your children by CYC coaches. Please keep times for concerns with the program, your child, or the CYC coaches outside of scheduled training.

- v. **CLASS PROMOTION:** Students will progress through various lifting skill levels in the SSC program. Each level provides for new privileges and opportunities. There is also a STUDENT COACHING program for outstanding members that wish to follow a path in coaching.

**C. COMPETITIVE & PERFORMING OPPORTUNITIES:**

- i. **PURPOSE:** The CYC SSC program does not currently participate in competitive settings. Some intra-program competitions may be held for recreation or fundraising, such as the Lift-a-thon or President's Fitness Challenges. There are also benchmark goals for students to reach and earn "wall of fame status."
- ii. **COMPETITIVE TEAM:** None currently.

**D. AGE FOR THE CYC SSC PROGRAM**

- i. **WEIGHTLIFTING AND GENERAL TRAINING:** 10 to 18 years of age. (8 to 10 years old by Coach interview only).
- ii. **SSC TEAM GROUPS:** Depending on sport and partnership with other youth organizations.
- iii. **SPEED AND AGILITY:** 8 years of age
- iv. **FLEXIBILITY:** 8 to 18 years of age.
- v. **BALANCE:** 8 to 18 years of age.