

FITNESS, FUNCTION & PERFORMANCE CONDITIONING

CORE FOR KIDS

Conditioning classes for the young athlete

Core for Sport sessions are geared for the child sport enthusiast.

During the important growth phases of a child's life, the body's neuromuscular development often lags behind the skeletal development - resulting in abnormal movement patterns and increased injury potential. Injuries are often not treated (the pain subsides), or are not rehabilitated properly.

Designed specifically for the young athlete, **Core for Sport**, focuses on alignment, balance, core-dinated strength and flexibility. The progressive enhancement of these factors will result in improved fitness, function and performance, in addition to limiting the potential risk of injury.

Core for Sport sessions address not only the prehabilitation of the healthy athlete, but the injured as well—rehabilitating them so that injuries do not reoccur.

In conjunction with The Foundation for Integrated Health Practitioner Team, a functional assessment by, Pam Pedlow, and the Team will be made to ascertain your child's 'risk' for injury. A full profile will be provided, with strategies for injury prevention or rehabilitation.

"The best time to develop core awareness and 'core-dinated' strength is during a child's growth and development, as this is when the neuromuscular system is primed to learn proper movement techniques. If we can train our kids at this stage of their lives, I believe we can reduce the prevalence of injury in later years."

Pam Pedlow

