



Physical Literacy Ages 16+

There is significant evidence that multi-sport play is still beneficial for athletes, although many now concentrate on one sport. Michael Jordan played basketball, football and baseball throughout high school. David Beckham only played soccer. Both had phenomenal athletic careers. Single vs multi-sport should now be the athlete's choice.

Athletic Training needs to be focused, consistent, well programmed and tuned to the individual. The athletic training program will work on strengths but concentrate on developing areas of weakness. It is the time to make the minute adjustments that make major differences in athletic performance, and to be sure that muscle groups are strengthened and correct any imbalances.

Mental training is elevated at this stage since the brain is tuned to abstract concepts and can understand both long term goals and the steps necessary to reach those goals.

At this levels sports nutrition, guidance in goals setting, self-discipline and mental toughness are all add-ons that help form the whole athlete.