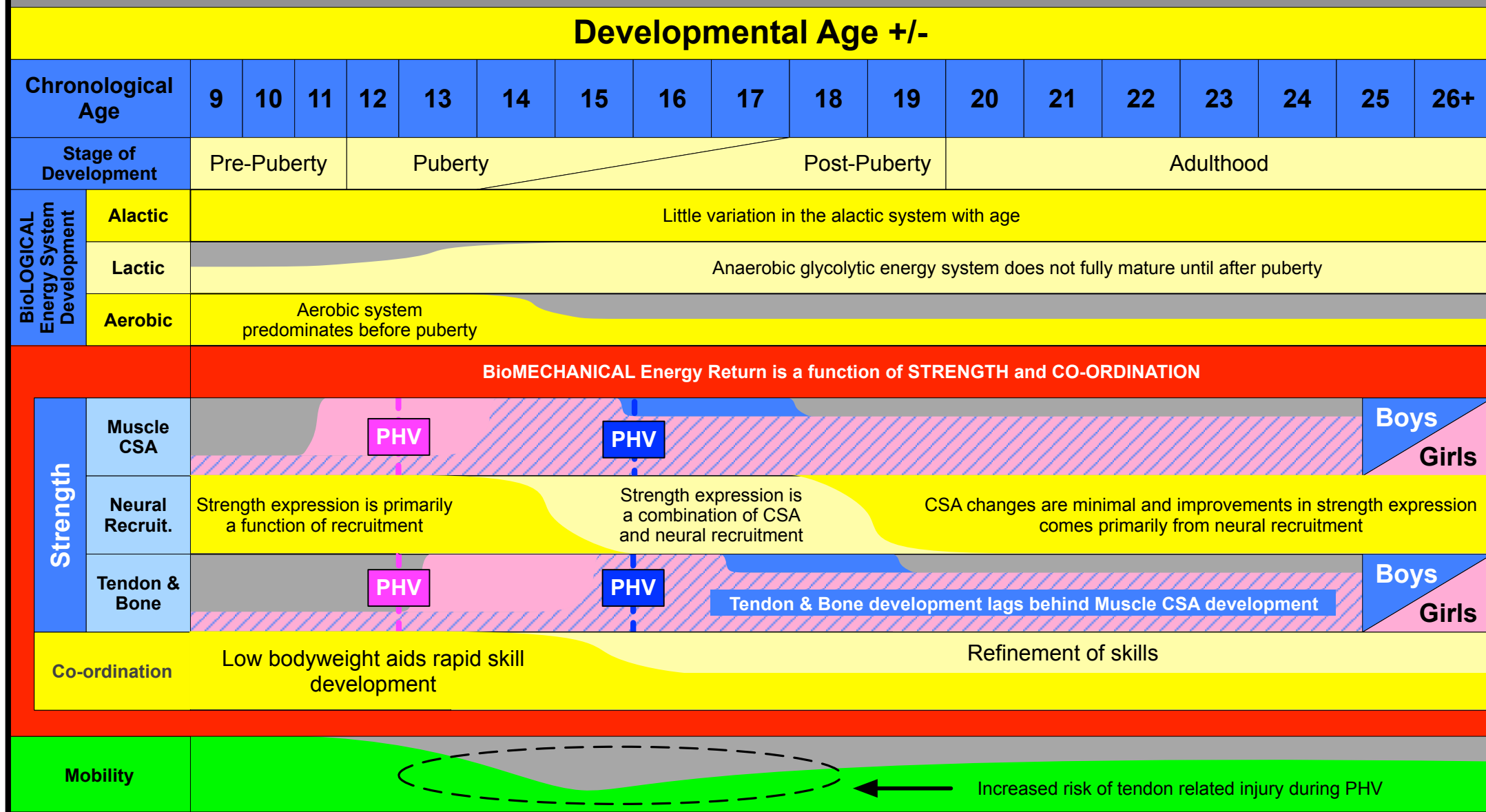
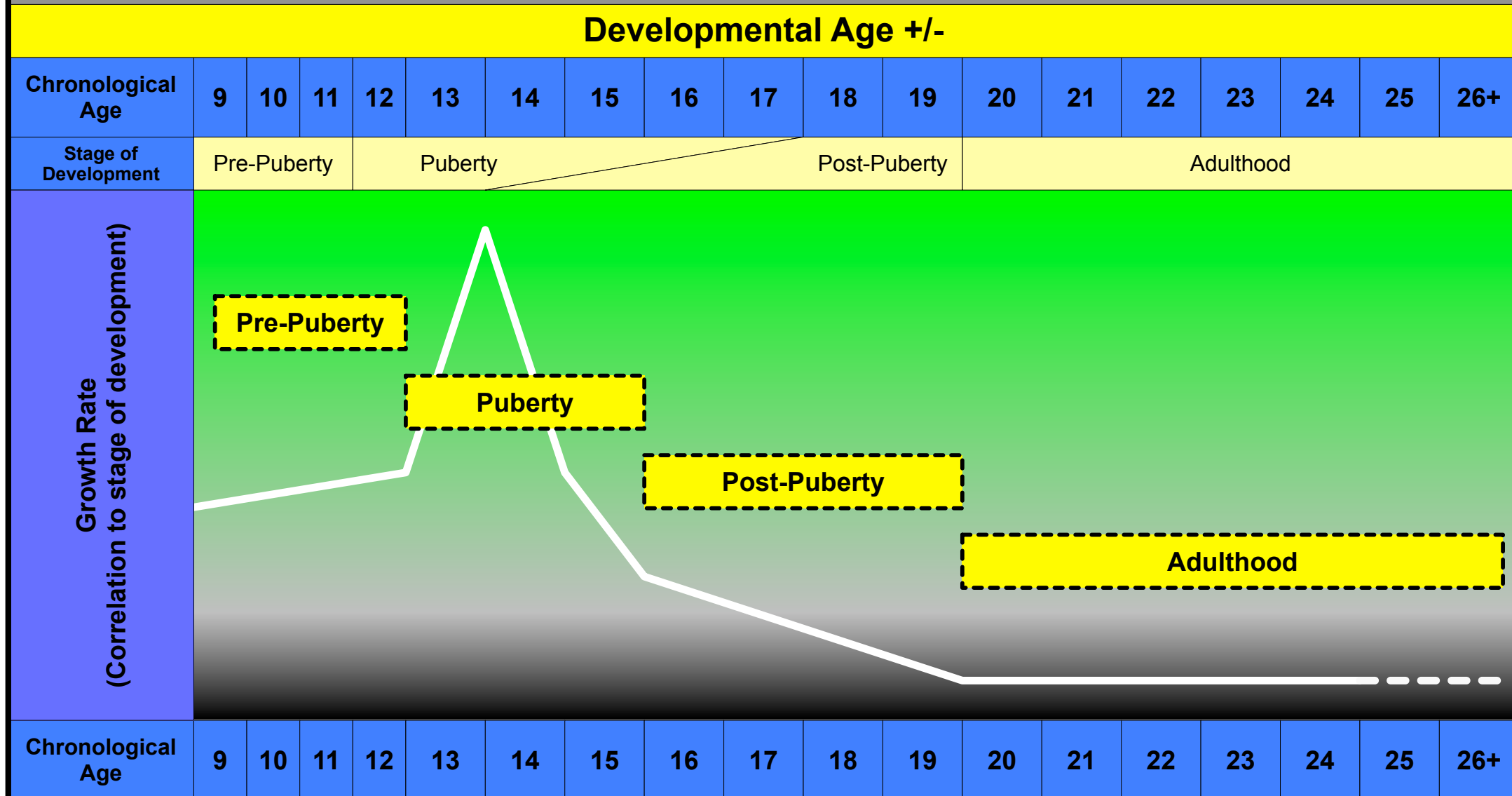


Figure 1: Biological Development



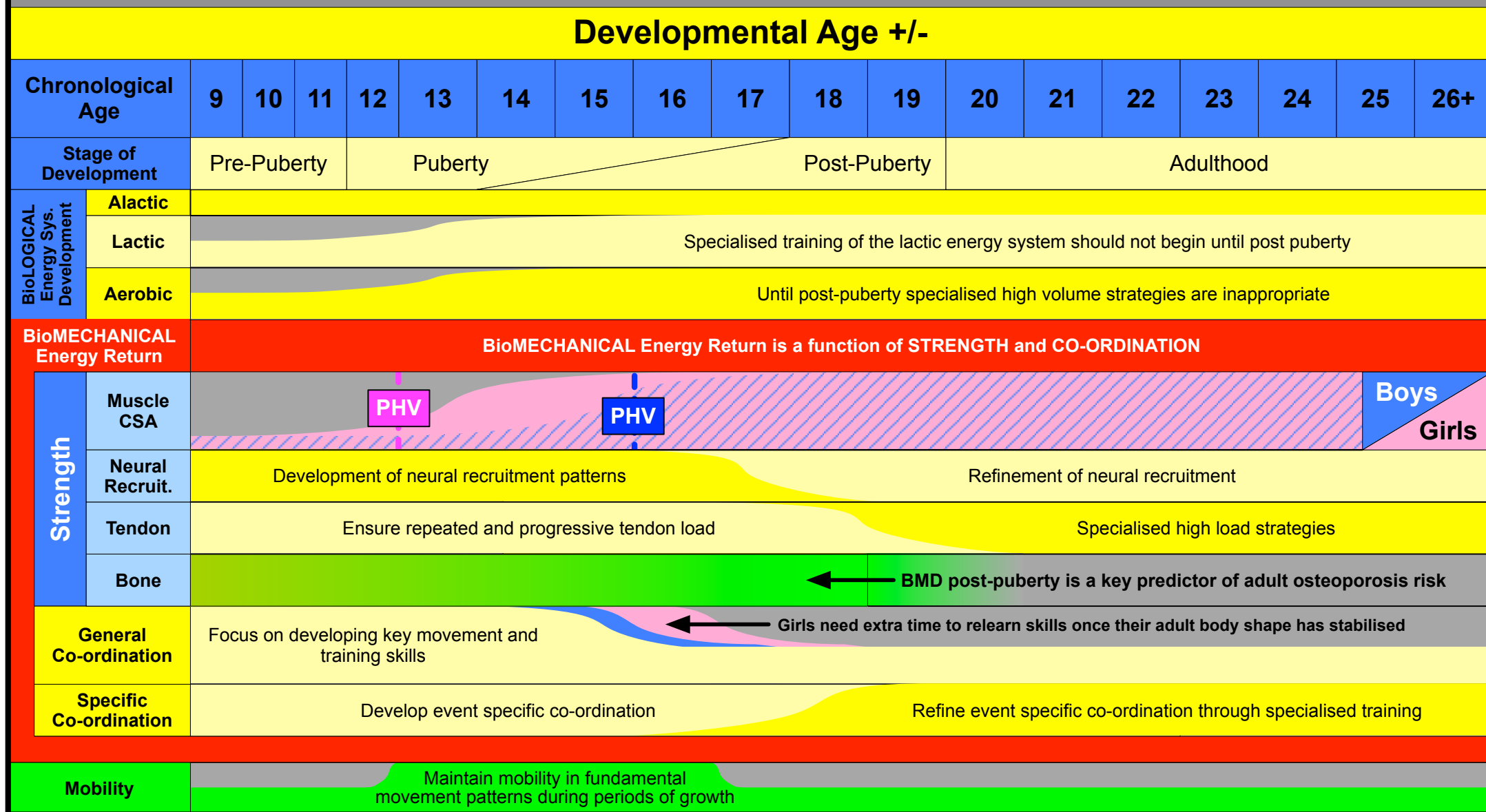
*These diagrams are for illustration purposes only. They can only be fully interpreted after reading the accompanying notes and audio presentations.

Figure 2: Growth Rate and Stage of Development



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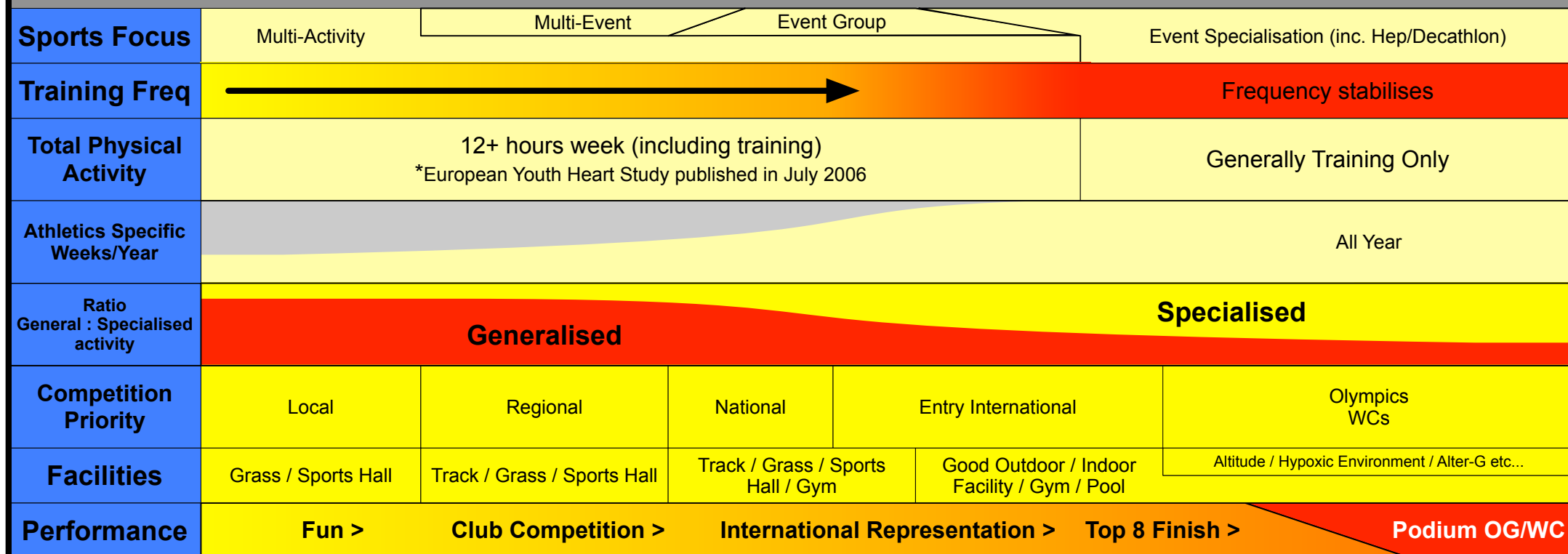
Figure 3: Training Considerations



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Developmental Age +/-																		
Chrono. Age	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26+
Stage of Development	Pre-Puberty			Puberty						Post-Puberty				Adulthood				
Education	Primary			Secondary					Further Education		Employment Higher Education/University							

Figure 4: Training and Competition Requirements



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Developmental Age +/-																		
Chrono. Age	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26+
Stage of Development	Pre-Puberty			Puberty						Post-Puberty				Adulthood				
Education	Primary			Secondary					Further Education		Employment							
															Higher Education/University			

Figure 5: Conditioning						
Conditioning Strategy	Conditioning goals mainly achieved via technical work		Progression Focus		Performance Focus	
Conditioning orientation	Multi-lateral with <i>emphasis</i> on Unilateral and Contralateral		Multi-lateral incorporating Bilateral power movement patterns			
	Technical Focus		Performance Enhancement Focus			
Loading focus	Conservative loading	Comfort loads		Progressive loading	Performance loading	
Exercise Classification Hierarchy	CE	With modified equipment / distances			With modified equipment where appropriate	
	SDE	N/A	Be cautious of activities that compress the spine and avoid excessive repetitive stress	Be cautious of activity that <u>significantly</u> compresses the spine		Full range of means
	SPE	N/A				
	GPE	Fundamental Movement Skills	General strength	General and ancillary strength	Full range of means	

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