

2011/12 Kick Start Program

The City of Pickering, partnered with the Pickering Soccer Club, has developed a 12-week program comprised of three components: Health for Life; Fitness for Life; and Knowledge is Power. The program will promote fitness and making healthy choices among youth ages 11 to 15 years. The ultimate goal is to get more youth involved in sports and fitness, while making the right lifestyle choices for long-term health and wellness.

Kick Start Program is supported in partnership with the Ontario Ministry of Health Promotion.

Program Details

The program will be divided into 3 segments – each 4 weeks in length – one class per week per segment. For example; participants will attend an injury prevention class once a week for 4 weeks, then a class on physical training once a week for 4 weeks, and lastly a nutrition class once a week for 4 weeks.

Injury Prevention

As the saying goes, it is much easier to prevent an injury than to correct one. Soccer is one of today's most physically demanding sports. The good news is most of these injuries can be prevented. The injury prevention components of the Kick Start Program will not only offer sport specific training that will help to improve performance; it can even reduce or eliminate the number of soccer-related injuries. Proper conditioning can also help to diminish the impact of an injury and help return athletes to the game more quickly. Throughout the program, a medical specialist will come in and educate the participants on injury prevention and how to avoid it where possible. These specialists include; Masseuse, Chiropractor and Physiotherapist. A certified Aquatics instructor will also present on the topic of proper technique for first aid health and safety.

Training/Fit Club

Our certified fitness staff will develop a progressive, pre-season conditioning program that will include sport specific training. These workouts will include upper and lower body strengthening, agility, and balance drills, plyometric jump training and stretching. The goal of preseason training is to lay the foundation for in-season play by building strength which helps young bodies to acclimate to soccer specific motion after a lengthy off-season. Participants will be taught how to train large muscle groups and learn safe, effective techniques using the equipment in our weight room facilities. At the completion of the program, children between the ages of 13-17 will be eligible for membership upon successful completion of the examination.

Nutrition

Basic sports nutrition is key for young athletes. Playing sports is a terrific way to stay fit, but it also taxes young bodies. The harder an athlete works, the more calories they need and from the best food sources.

The nutrition component of Kick Start will reinforce the importance of water, carbohydrates and protein. A registered dietitian and certified chef team up to teach the teams healthy eating and healthy cooking. Participants will learn how to plan and prepare pre and post-game snacks.

Week 1: The ill effects of fast food

Week 2: Hydration

Week 3: Carbs, protein, fat and fibre

Week 4: Healthy pre and post-game snacks

Who may enrol?

The program is open to members of the Pickering Soccer Club – both boys and girls between the ages of 11-15 years and all levels of play.

What is the cost?

\$35.00 for the whole 12 week program!

How do you register your child?

Registration is available at the Pickering Soccer Club during regular office hours:

Monday/Tuesday – 12 noon to 5 pm

Wednesday/Thursday – 3 pm to 8:30 pm

Friday – 10 am to 2 pm

Registration is also available on line at www.pickeringsoccer.ca Registrations must be completed prior to December 2nd.

Who may I contact for additional information?

The Pickering Soccer Club at 905-831-9803 or Chris Sharp, (Acting) Coordinator, Health & Fitness, Pickering Recreation Complex at 905-683-6582 ext. 3232

When does the program begin?

The program will begin on January 16 and 17. The Training and Nutrition sections of the program will take place on Mondays while Injury Prevention is scheduled for Tuesdays. Participants will be scheduled into the program so that they will be taking one section of the program at a time.

The program will run for 12 weeks but will not take place on February 20 and 21 – Family Day.

Where is the program being held?

The Pickering Recreation Centre