

Call for Youth Training Special Interest Group Membership

Dear UKSCA Members

I am pleased to announce the official launch of the UKSCA Youth Training Special Interest Group (YTSIG). The scope of the SIG will include strength and conditioning provision to athletes up to the ages of 18 years. The purpose of this initial e-mail is to seek interest for membership to the YTSIG, and we are inviting current members of the association to sign up to be a member. As a member, you will be included on all future YTSIG e-mail correspondence, and be kept up to date with respect to any youth-related UKSCA developments. There are no qualification criteria to become a member of the group and it is entirely free to join. Specifically, the purpose of the SIG will be to:

- Enhance interest and involvement in youth strength and conditioning provision
- Disseminate and highlight key research relating to young athlete development
- Promote good practice when working with young athletes
- Share current ideas and training concepts
- Serve as a network to enable the formalisation of working professional relationships
- Enable members to network with International colleagues and additional Youth training SIGs around the World
- Keep members up to date with respect to developments within the UKSCA pertaining to youth training

Importantly, the YTSIG will serve as a vehicle to stimulate discussion amongst members via monthly debate topics. Initially, this will be done via e-mail, however, in accordance with the launch of the new UKSCA website, we will be aiming to release the YTSIG blog, or alternatively a social networking domain.

We will look to hold the inaugural YTSIG meeting at next year's National Conference and an agenda and possible guest speaker for that meeting will be formulated based on feedback from the YTSIG during the upcoming months.

I hope you will all see this as a stride forwards in enhancing the profile of youth training within the UKSCA. I am firmly of the opinion that this is a crucial population, whereby ensuring safe and effective provision is at the fore when developing athletes across the range of abilities, from sports participation to world class. I hope that a number of you as members will share this passion.

Please sign up for the group by sending an e-mail titled **YTSIG MEMBERSHIP REQUEST** to rhodri@uksca.org.uk stating your name, contact details, and current employment status. Our first monthly debate topic will be released in October, so please e-mail me as soon as possible.

Look forward to receiving your responses.

Kind regards

Rhodri S Lloyd PhD ASCC CSCS

Board Director | UK Strength & Conditioning Association

Convenor | Youth Training Special Interest Group