



Implementing LTAD models in youth sport

A holistic approach

DETAILS

The event is aimed at anyone involved in the delivery and support of youth sport and will include practical and seminar-based sessions. Prof Mark De Ste Croix will present key findings on the international collaboration, ***Reducing Injury in Sport with Kids (RISK) coach education programme***.

In his session ***Implementation and evaluation of a LTAD model in youth sport***, John Radnor will outline how he has interpreted the current LTAD research and models and share his monitoring data that will either support or dispute current thinking on the topic. John will also share practical examples of his sessions, providing an opportunity to explore good practice with members.

Prof Mark De Ste Croix BA Ed (Hons), PhD, CSci is Professor of Paediatric Sport and Exercise at the University of Gloucestershire. Mark also works with the England and Wales Cricket board exploring back injuries in elite youth fast bowlers, Athletic Club Bilbao Football Club, and Bristol City FC exploring training load and injury risk.

John Radnor is a Lecturer in Strength and Conditioning and PhD Research student in Paediatric Exercise Science at Cardiff Metropolitan University. John also works as the lead S&C coach for Welsh Rowing, predominantly with their GB Start athletes and is also the lead S&C coach for the Youth Physical Development Centre based at Cardiff Met.

MEMBERS WILL BE ABLE TO:

- Network with other coaches involved in the delivery, support and research of youth sport
- Broaden their scope for income generation by learning how S&C coaches can better influence and get involved with grass root coaches and parents, to improve physical literacy in youth athletes
- Explore ways to improve their existing youth programmes considering adherence and engagement, injury reduction, improved health and/or performance.

A great opportunity to learn in a small group alongside other strength and conditioning coaches.

ONLY £45 - for an evening workshop - part of the UKSCA's professional development series, bringing the world's best to our members at highly discounted rates. 7 UKSCA CPD credits awarded.

ABOUT UK STRENGTH & CONDITIONING ASSOCIATION (UKSCA)

The UKSCA is a not-for-profit, limited by guarantee company and is managed by a voluntary Board of Directors, elected from and by the Accredited membership. With the support of UK Sport, the Association was launched in May 2004, with an inaugural AGM and since has grown to represent over 2600 members, of which 750 are Accredited.

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MARCH

1800-
2100

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CENTRE FOR
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 UKSCA

WORKSHOPS AND
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PROGRAMME 2019

LTAD MODELS
IN YOUTH
SPORT

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