



performance
magazine

USAIGC
ATHLETE DEVELOPMENT PROGRAM

Quality and
fundamental skills
are described as the
base for a high level
future for more gymnasts

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ATHLETE DEVELOPMENT PROGRAM

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Low Impact Training clinic

Outline

Total time approximately 7.5 hours

Classroom section (approximately 3.5 hours):

1. Welcome. Coffee, donuts, bagels. Hand out Low impact training/competition manuals. 20-30 minutes.
2. Introductions. USAIGC officers, clinicians etc. 10 minutes
3. USAIGC coaches education philosophy. 10 minutes
4. Answers to the obvious questions: 20- 30 minutes
 - What is the USAIGC ADP?
 - What is the USAIGC CDP?
 - What is USAIGC performance magazine?
 - What is low impact training?
 - What is a USAIGC low impact meet (competition)?
 - How can the USAIGC low impact training / competition program benefit my athletes?
5. Establish terms, eliminate semantical issues. 10 minutes
6. Brief review of body positions. Explain functionality. 10 minutes
7. Brief explanation of micro trauma and the need for recovery training and injury prevention exercises. 10 minutes
8. Short break 10-15 minutes
9. Detailed explanation of Low impact training concepts. 30 minutes.
10. Introduce and explain USAIGC low impact program event by event. 45 minutes -1 hour
11. Brief explanation of low impact meet format/ rules /awards / equipment. 15-20 minutes.

Lunch Break 1 hour

Gym section (3 hours)

1. Brief demonstration of a few injury prevention exercises. 20 minutes
2. Safety protocols for Low impact training. Especially tube bar. 20 minutes
3. Vault 30 minutes
4. Bars 30 minutes
5. Short break 10-20 minutes
6. Beam 30 minutes
7. Floor 30 minutes
8. Questions/Evaluation 10 minutes