

Parents and Athletes,



One of the most difficult things when it comes to ensuring your child's overall athletic development is making sure they're on the correct path for their individual success.

This includes many different qualities such as speed, agility, strength, power, conditioning, mobility, flexibility, injury prevention, etc.

All of these areas need to be considered and trained at times. But when do you focus on each aspect, and often times more importantly, when should you not focus on specific qualities?

Now throw in all the different voices and directions you and your athletes are given to do what is 'best'.

Coaches, trainers, former pros, aunts/uncles, other parents, etc., all mean well and usually have the best interest of the child at heart.

But often times it can be contradictory to what another coach said, what is best for your child, and what he/she may truly need.

With that said, it is great for parents to seek out experts and specialists to help their child continue to improve in his/her sport and overall development.

To make this process easier and cleaner, we have developed an athletic curriculum for all of our OneEast Athletes.

The goal of this curriculum, which some athletes have already begun, is to create transparency and communication among all parties involved in your child's development.

This means always knowing where each child is in their athletic curriculum, what is their next progression or area to focus on, and what the end goal is.

Having this will allow all coaches, trainers, specialists, etc., to be on the same page and communicate in a consistent manner that is understandable to all involved and specific to your athletes pathway.

This curriculum will offer ongoing monthly assessments and evaluations, in addition to training options each week that are specific to your athletes current needs.

This curriculum also allows for flexible scheduling to ensure development happens year around, not just every time your athlete isn't in-season.

Not only will this scheduling allow for consistent development and not missing valuable developmental windows, it will also help to reduce injuries during your athletes competitive season.

After conversations with the athletic directors and folks within the administration at all of our OneEast schools, we have decided to make this available to all of our OneEast students starting this fall.

Additionally, having 4 of my own children heavily involved in sports and activities in our community, we know how expensive these extra-curricular's can be.

So we want to ensure that nobody is financially prohibited from enrolling their child into this athletic curriculum. Our cost of \$40/month should allow all athletes who desire to reach their athletic potential take part in this curriculum.

With all the training options available to the athletes each month, this price breaks down to less than \$5 per training session. Please don't assume that since the program price is so low, the quality of the curriculum is also low.

We truly have a passion to help make our OneEast athletes the best athletes in all of Forsyth county and the greater Atlanta area. This can't be done if we prevent half of our athletes from taking part because the cost is too high.

To also ensure all athletes can take part, we will be offering training sessions before and after school throughout most of the year.

The program will begin with athletes going through an evaluation to see where they will start in their curriculum.

Parents will receive a detailed report each time the athlete completes an evaluation, and also a progress update on where the athlete is in their progression through the curriculum.

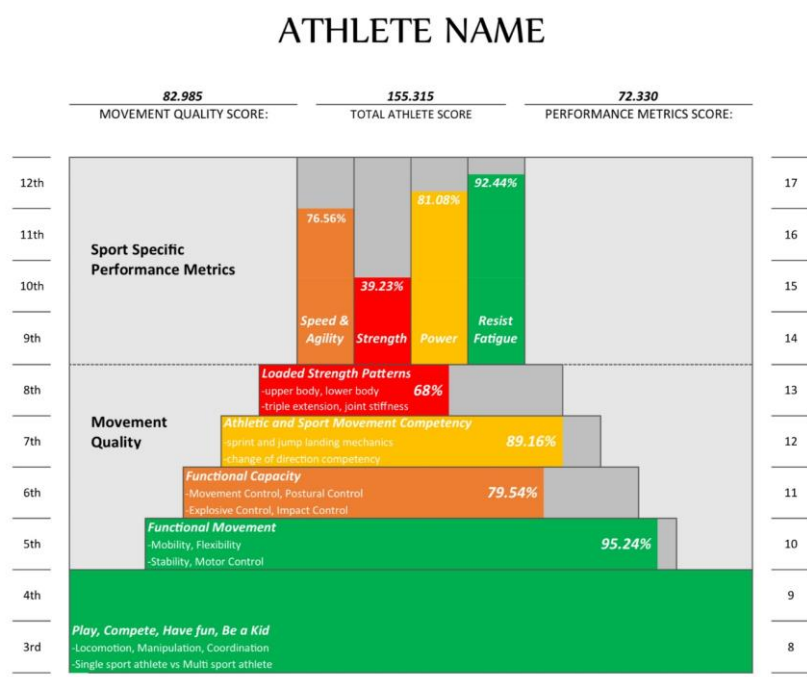
These reports and progress updates are encouraged to be shared with coaches and all parties involved in the athletes development.

For students that are enrolled in weight training class during school, it is important to note this program and the weight training programming were designed together to work in collaboration with each other.

This curriculum helps to create the foundation that the weight training class will build upon.

This curriculum is by no means a prerequisite for weight training class, but will help to prepare athletes for the activities they will see, enhance the effectiveness of strength training, and help prevent unnecessary injuries.

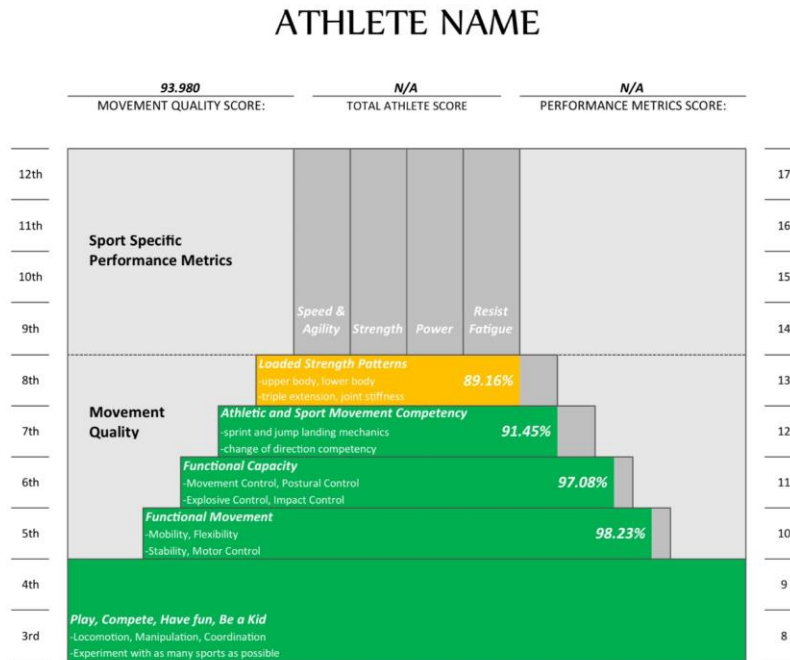
Here is a visual representation of our OneEast Athletic Curriculum.



This example is of an athlete that progressed too quickly to the Sport Specific Performance Metrics, and didn't establish the proper foundation of Movement Quality, resulting in poor abilities across the board.

This an all-to-common representation of today's athletes that are focused on becoming the greatest athlete right now at the expense of his/her long term health and performance.

Here is an example of an appropriate progression that will ultimately result in a healthier, more efficient, and overall better athlete that peaks at the appropriate time.



If done appropriately, each athlete should complete the Movement Quality portion of the curriculum with proficiency and mastery by the time they finish 8th grade, if not sooner.

For athletes already in High School, assessing, improving and mastering the Movement Quality portion of the athletic curriculum will not only improve your Performance Metrics, but will significantly decrease your risk of unnecessary injuries causing time away from your sport.

Here is a quick breakdown of each level in the curriculum.

Foundation 1: FUNCTIONAL MOVEMENT

- This includes mobility, flexibility, stability, motor control, movement pattern asymmetries and deficiencies.

Foundation 2: FUNCTIONAL CAPACITY

- Movement Control, Postural Control, Explosive Control and Impact Control

Foundation 3: ATHLETIC & SPORT MOVEMENT COMPETENCY

- Sprint mechanics, jumping and landing mechanics, change of directions mechanics.

Foundation 4: LOADED STRENGTH PATTERNS

- Squatting, lunging, hinging. Pushing, pulling, carrying. Triple extension mechanics and positioning. Joint stiffness to enhance explosive movements.

Once athletes have shown proficiency, and ideally mastery, in all the Movement Qualities levels, they will then progress to Sport Specific Performance Metrics.

This portion of the training curriculum will work in collaboration with the goals and expectations of the coaching staff for your particular sport.

This includes in-season performance maintenance protocols, injury prevention and recovery routines, in addition to off-season and pre-season performance development.

The Performance Development categories are as follows.

- Speed, Agility, Quickness
- Strength
- Power
- Resistance to Fatigue

With all the programming in the OneEast Athletic Curriculum, there will be training options available each week for every level to ensure the athletes are always progressing.

We will begin offering this curriculum to our Little Mill students on Tuesday, September 12th. Training will take place in the Little Mill gym each Tuesday and Thursday morning from 7:30-8:30am.

There may also be coordinated team training options for your particular sport seasonally throughout the year.

For specific questions on the OneEast Athletic curriculum please contact Coach Ted Borgerding at [ted@tbtraining.life](mailto:tet@tbtraining.life) or to enroll your athlete scan the barcode and click on Register Here.

