

# GOAL POST

## The Warm-up

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A warm-up is a period of time designed to prepare the athlete both physically and mentally to perform optimally during their training or competition. A warm-up should consist of elements that will increase body temperature, and increase blood flow. The benefits are increased speed, improved reaction time, and increased strength and power.



### So how do I warm-up?

Traditionally the warm-up has consisted of a light jog followed by sitting down and stretching – static stretching. Recent research has shown that this type of warm-up may actually decrease performance.

Instead, more recent research has shown that adding *'DYNAMIC STRETCHING'* to the warm-up routine is a better way to go! Dynamic stretching involves taking the body through a full range of motion while in motion. An example of this is a deep lunge walk adding in a torso twist and arm swing. This exercise stretches the muscles surrounding the ankles, knees, hips, spine, and shoulders – joints that are involved in almost every sport movement or skill.

### Now let's make a warm-up!

A warm-up routine should consist of three components: 1) light cardiovascular activity, 2) large amplitude dynamic flexibility exercises, 3) sport specific dynamic exercises.

#### 1. *Light Cardiovascular Activity*

This is to be a 5-10 min light aerobic activity (i.e. light jog or cycle).

#### 2. *Large Amplitude Dynamic Flexibility Exercises*

This portion of the warm-up routine should encompass full range of motion exercises progressing from single joint (arm circles) to multi joint (deep lunge walking with torso twist) exercises. Exercises are to be performed through the full range of motion that is available at the joint (or joints) being targeted. The number and length of this portion of the routine is based on many factors including the sport or activity, the skill level of the athlete and the age of the athlete.

#### 3. *Sport Specific Dynamic Exercises*

This final portion of the warm-up is to prepare the athlete for the event or competition that they are immediately preparing to participate in. Examples of this portion of the warm-up could include stick handling and shooting drills for hockey, or blocking and spiking drills for volleyball. The length of this portion of the routine is again based on the activity, the skill and age of the athlete.

### So in the end...

A warm-up should be created so that it prepares the athlete for their activity. Speak with an Athletic Therapist or similarly qualified professional to design the warm-up routine that will meet your athletes' needs. Preparation leads to performance – give them the potential to do their best!

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## STAFF PROFILE

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### Education

- > Graduate of University of Waterloo Kinesiology Program
- > Graduate of Athletic Therapy Program at Sheridan College
- > Masters in Biomechanics and Neuroscience from the University of Guelph

### Initiatives

- > Professor at Sheridan College teaching in the Athletic Therapy Applied Bachelor of Science program
- > Concussion education in youth sports

### Focused Interests and Skills

- > Athletic Therapy
- > Orthopaedic Bracing
- > High Performance Training

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## Tips & Tricks

A typical pregame meal should always consist of foods that are readily digested and are able to contribute to the energy and fluid requirements of your game. Typically a meal high in carbohydrates and low in lipids (fats) and proteins would be ideal. An example of such a meal would be some sort of pasta dish. This meal should be consumed approximately 3 hours before competition to allow for proper digestion and absorption.

## Let's Get 'HUMERUS'

During a game, the coach said to one of his players, "Do you understand what cooperation is? What a team is?" The boy nodded yes.

"Do you understand that what matters is whether we win together as a team?" The boy nodded yes.

"So, when a strike is called, or you are out at first, you don't argue or curse or attack the umpire. Do you understand all that?" Again, the boy nodded yes.

"Good," said the coach. "Now go over there and explain it to your mother."



**What do you do with a mistake: recognize it, admit it, learn from it, forget it."**

**-Dean Smith (US Olympic Mens Basketball Coach)**

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