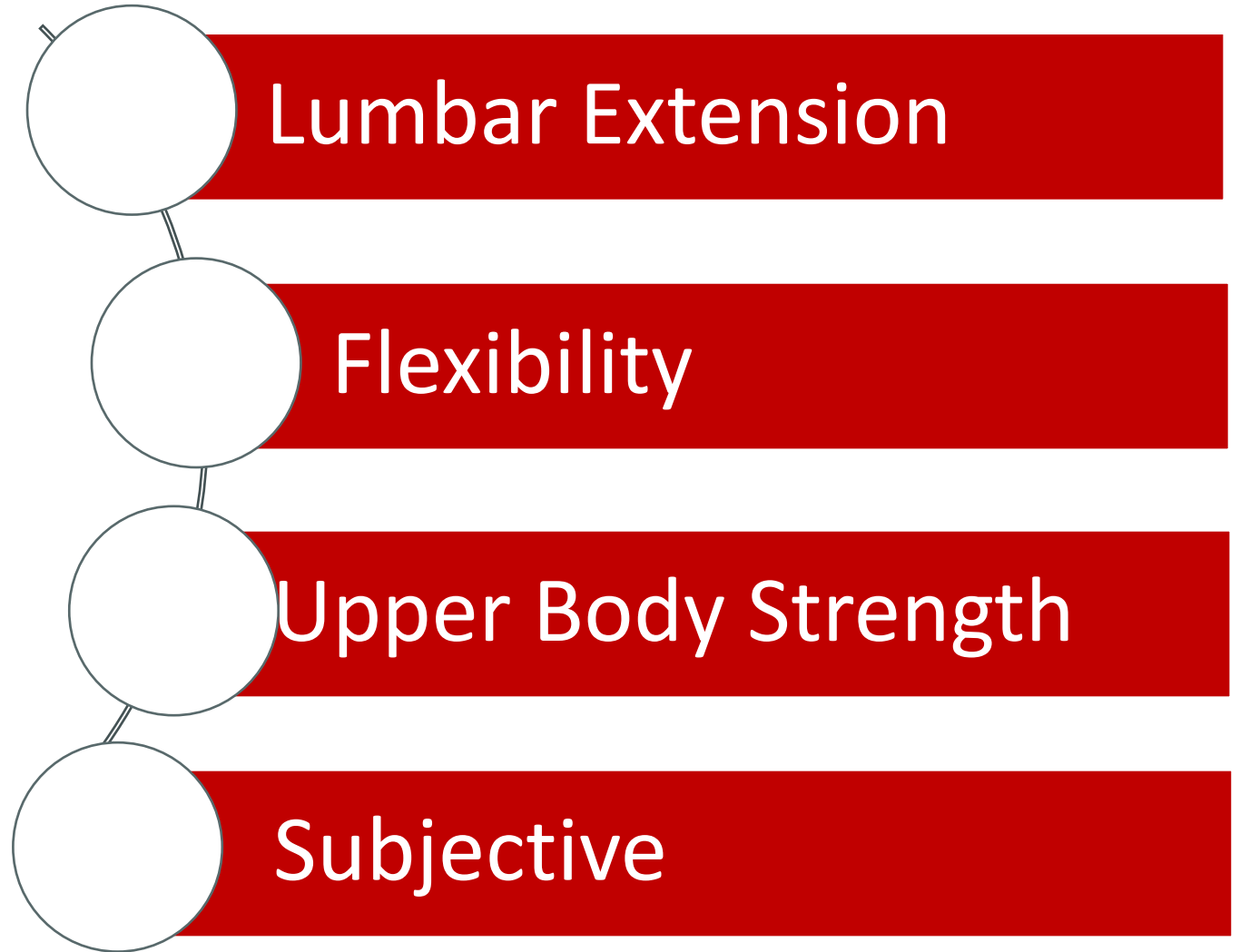


Athletic Training in Gymnastics/ Cheer/ Dance

Fundamental Components





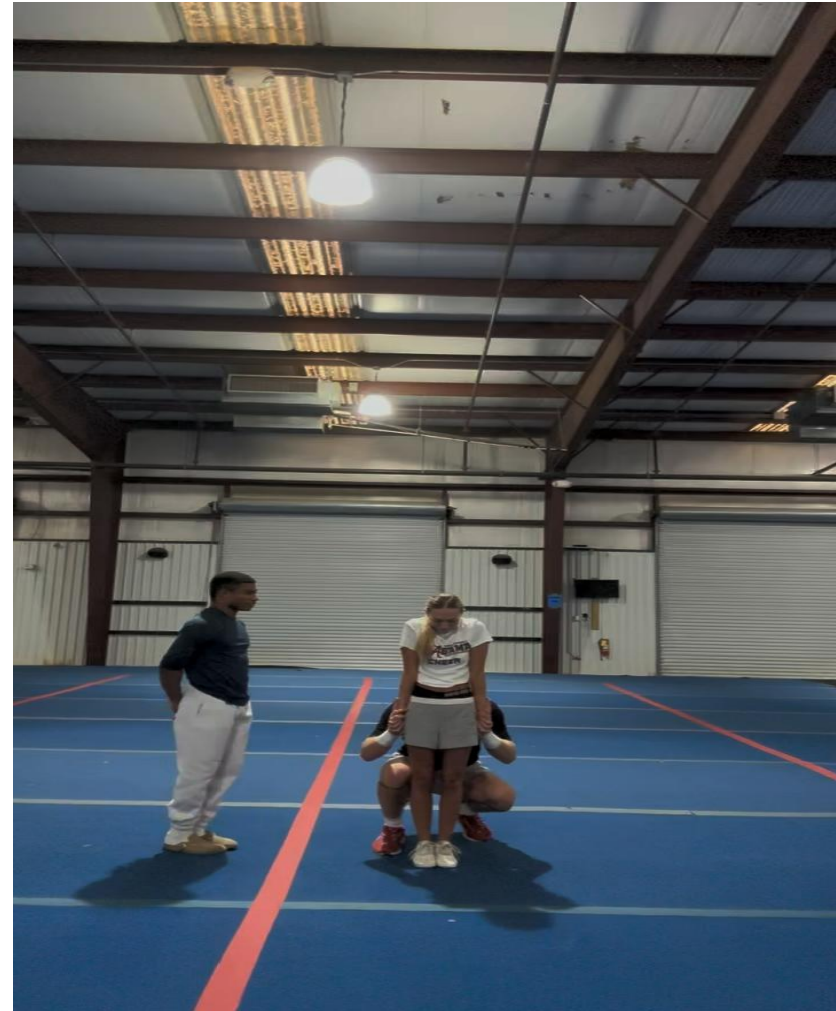
Lumbar Extension



Flexibility



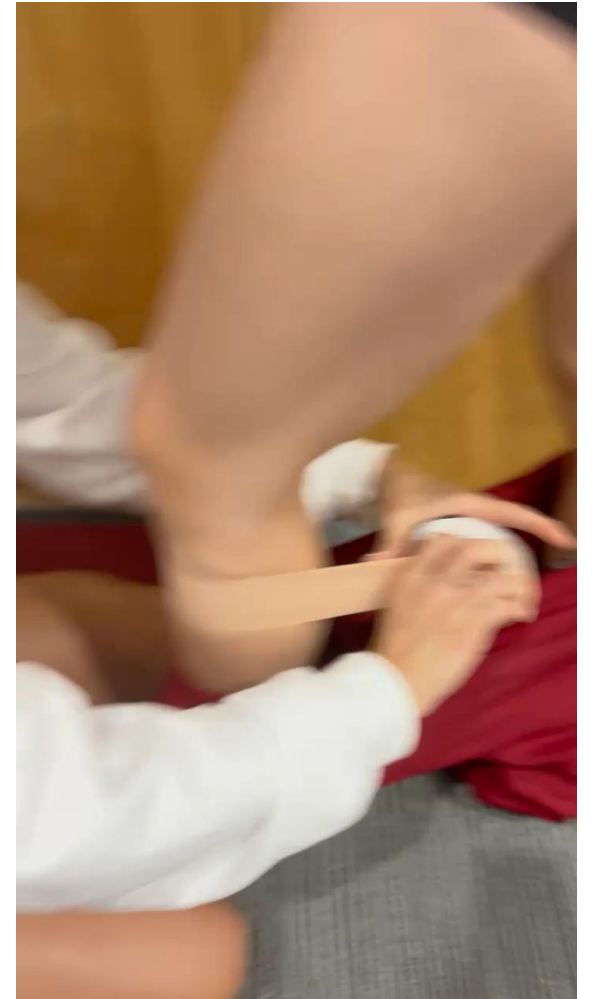
Upper Body Strength



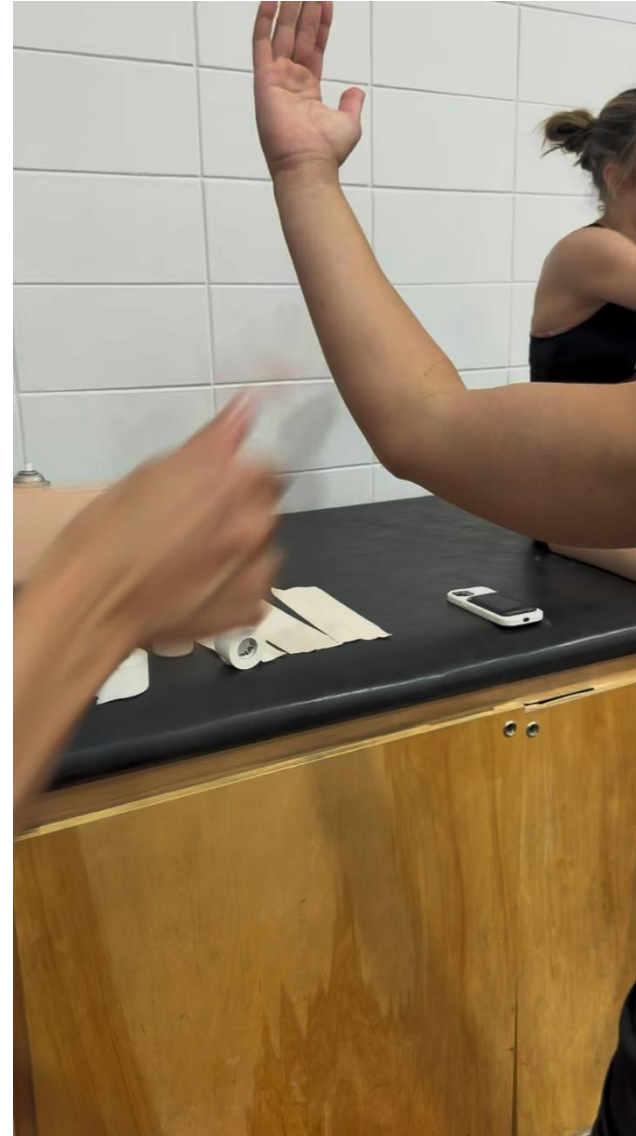
Common Injuries- Achilles Tendinitis & Talar Contusions



Common Injuries-ACL Repair



Common Injuries-UCL Sprain



Common Injuries-SLAP Tear



Strength & Conditioning

Eccentric Muscle Action

Full ROM Strength Work

Unilateral vs. Bilateral Force Production

Athlete Communication

Consistency

Strength & Conditioning-Lower Extremity



Plyometric & Lower Limb Strength Dosing

Endurance/Exposure
Force Production
Rate of Force Production



Lower Limb Impact Preparation

Increase Iso Duration
Bent-Knee/Straight-Knee Holds
Progress to External Load

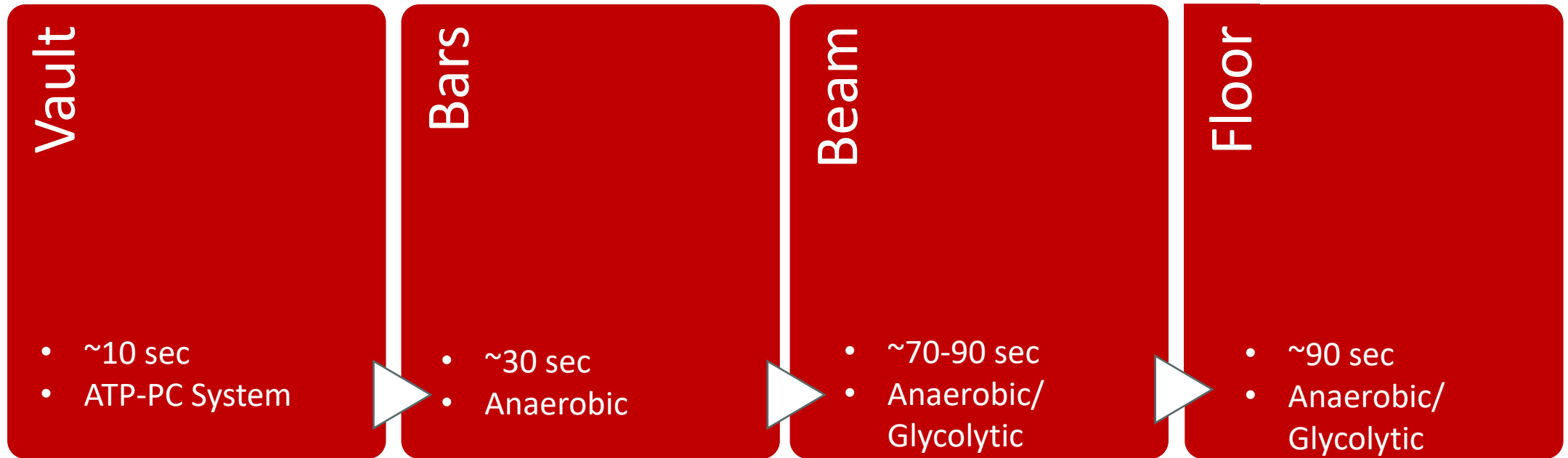
Strength & Conditioning-Upper Body

Overhead
Strength &
Mobility



Accessory Work

Strength & Conditioning-Event Demands



Strength & Conditioning-Gymnastics Specific



Performance Nutrition



ATHLETE BUY IN!

Balance & Structure

Breakfast-
PROTEIN

Caffeine

Alcohol

Injury Prevention

Closing
Questions?