

# UNIREC

## YOUTH AND HIGH PERFORMANCE

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When performed correctly, resistance based training in youth increases overall athletic performance through gains in strength, speed, and power, coupled with a reduce injury risk.

These formative years build the foundation to future physical interactions. During this phase of rapid maturation, programmes and movements must be individualised to ensure correct development of coordination, movement and appropriate loading.

**To ensure the safe and long-term athletic development of our members, youth under 16 who wish to partake in physical training *unsupervised* at UniRec must be part of the High Performance Programme.**

UniRec follows standards adapted from the New Zealand Exercise Association (NZEA) and Exercise Sports Science Australia (ESSA) in the prescription of resistance-based exercise for adolescents under 16 years of age (2021). The High Performance membership is inclusive of any person wanting to improve their general performance and follows a movement first ethos.

### SERVICE DELIVERY

- Full facility Access
- Movement competency screening
- Individualised Exercise Programming
- Access to Wellness Monitoring
- Access to UniRec Testing Combine (Athletic testing) 3x per year
- Access to High Performance Group Training Sessions 2x weekly

### OUTCOMES

- Increased movement competency, coordination and body awareness
- Increased self-confidence
- Increases in athletic performance
- Increased levels of physical training adherence
- Improved positive relationship to physical activity

### NEXT STEP

Book an appointment with our High Performance Trainer Josh Olsen to discuss further and begin the process.

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