

MIDDLE SCHOOL PROGRAMMING: DO IT RIGHT

Emanuel Valentin

Saratoga Rowing Association





ABOUT ME

- 11 years of coaching
- IC → Marietta → SRA → Sagamore → SRA → World Championships
- Head Middle School Coach at Saratoga Rowing
- Traumatic Middle School Experiences

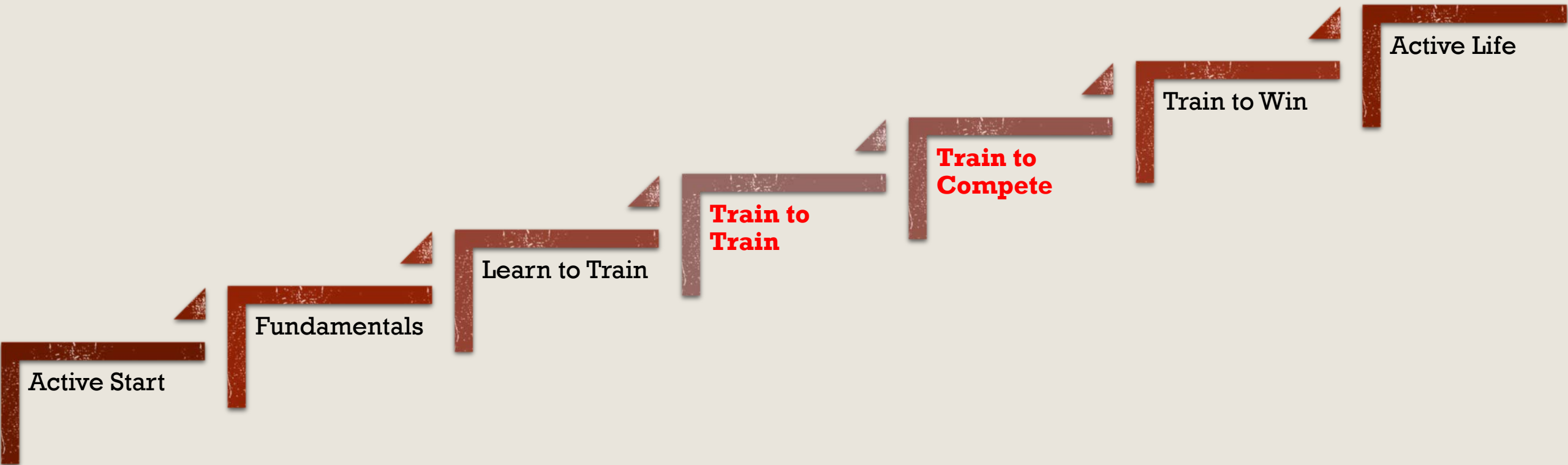


GOALS OF TODAY

1. Introduce Long-Term Athlete Development Program
2. Share the SRA Model
3. Share practice plans + the formula for making practice plans



LONG TERM ATHLETE DEVELOPMENT (LTAD)



LTAD

- **Train to Train (Pre-Puberty)**
 - Goal: “Progressively make children able to perform an increased duration of physical activity before feeling fatigued.”
 - No Lactic Acid build up; Don’t have the ability to remove it from muscles
 - **Types of Workouts**
 - Long and Steady
 - F: 20-60 Minutes
 - I: PRE-2-4
 - T: 1-2 Stations
 - Relays
 - F: 20-60”
 - I: PRE: 8-10
 - T: 3-5 Reps through Relay
- **Train to Compete (Puberty)**
 - Goal: “Attempt to increase the foundation for aerobic and anaerobic endurance and take any endurance gains made during prepubertal to a higher level.”
 - **Types of Workouts**
 - Long and Steady
 - F: 2-3 Stations
 - I: PRE 2-4
 - T: 20-60 Minutes
 - Medium
 - F: 3-5 Pieces
 - I: 6-8 PRE
 - T: 3-5 Minutes
 - Sprints
 - F: 6-10 Reps
 - I: 8-10 PRE
 - T: 20-60”

Train to Compete (Post-Puberty): Traditional Training Plans



STAGES AND GOALS OF ADOLESCENT DEVELOPMENT

- Athletic Formation (11-14 y/o) / Pre-Puberty & Puberty
 - Wide Variety of Exercises
 - Fundamentals
 - Skill Development
 - General Strength
 - Fun
- Specialization (15-18 y/o) / Post-Puberty
 - Increase in competition & training demands
 - Coaches transition from teaching role to a training role
 - Increases in volume to facilitate performance
 - Start of Specialization





Stamina



Speed



Strength



Skill



Suppleness

5 AREAS OF ATHLETIC DEVELOPMENT



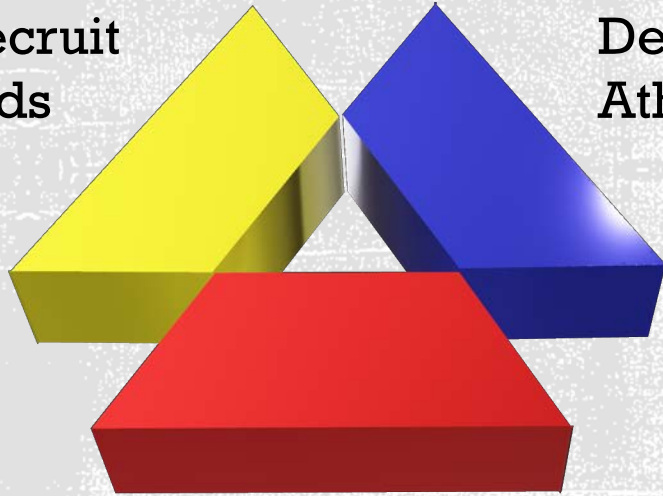
AUXILIARY SKILLS



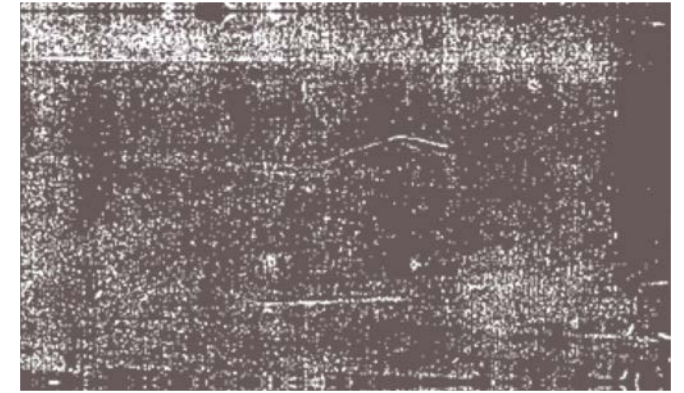
THE SRA MODEL

Recruit
Kids

Develop
Athleticism



Prepare
Teachers



RECRUIT KIDS



- Learn to Row
 - Fill critical roles
 - 1 person to connect with the boys
 - 1 person to connect with the girls
 - 1 person to connect with “the quiet kids”
 - 1 person to connect with the parents
 - 1 person to organize everything
 - Have a sign in sheet
 - Requires parents to meet the coaches
 - Don't talk; Encourage Questions
 - Either they figure it out...
 - Or they don't care....
 - Or they'll ask a question

- Health and Wellness Fairs
 - Be engaging
 - Take down contact info → Don't lose them and hope they come back!
- Middle School Takeovers
 - Be Fun
 - Be the energy
 - Don't sell
- Bring a Friend Day
 - Make sure they are safe
 - Make sure they have fun



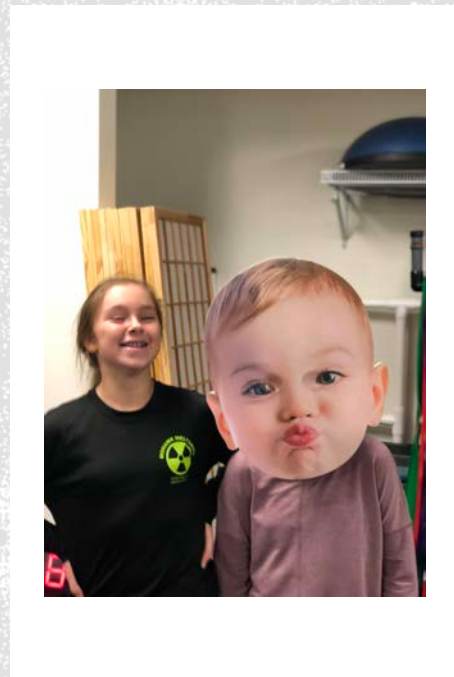
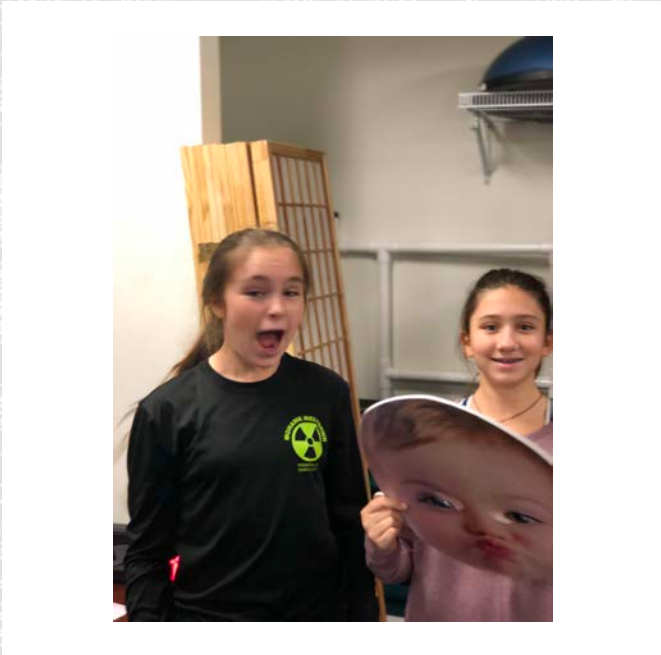
RECRUIT KIDS

- Antidotal Testimony: Every Kid wants to...
 - Get a High 5
 - Be told they are awesome
 - Be told they are wanted!



RECRUIT KIDS

- The #1 Secret to keeping athlete...
 - FUN
 - Huddle Tag!
 - FUN
 - Mind field (Team Building)
 - FUN
 - Agility Relay Races
 - Fun
 - Jump Rope Routines
 - Fun
 - Turtle Tag



DEVELOP ATHLETICISM

Timeline	Workout			
0-10	Dynamic Warm Up			
10-30	Launching			
	Day 1	Day 2	Day 3	Day 4
	45' Skill and Drills: Introducing and Teaching New Skills	30' Skills and Drills	40' Skill and Drills	Friday Race Day: S-Turn to Bridge.
				Land 15' of Skill and Drills Erg Piece of the Week: 2' on, 30" off x 4, Rate 18
		Workout of the Day: Aerobic Development 10 strokes Easy (4 on the Seat) by 2s 10 strokes Medium Pressure (4 on the Seat) by 2s 10 Strokes Full Pressure (4 on the Seat) by 2s 10 Strokes All 4 Repeat	Workout of the Day: (30" on/2' off) x 4, 4 on the Seat 2' off should be ½ pressure.	NEW THIS YEAR: Similar to the varsity's "Bridge to Bridge," we want get athletes used to racing. Early on, we'll sheppard the athletes and ensure they are warming up the way we want them to. Later, we'll give them more independence.
	Coaches' Notes	Athletes should not do anything independently in the first 2 weeks. The first weeks are for us to establish our expectations. If we let the athletes "do what they did last year," they'll forget many of the critical elements to being safe and efficient.		
	Coxswain Point of Emphasis	Steering: By the end of the first 2 weeks, coxswains should be able to: <ul style="list-style-type: none"> Identify the traffic pattern on Fish Creek Identify which lands are for heading towards the starting line Identify which lanes are for heading towards the finish line Be able to stay in 1 lane for 2000 meters Be able to keep their crew within 50 meters of another crew 		
75-90	Landing and Quiet Stretching			

- On the Water Formula
- 1 Week
 - 4-5 Practices / Week @ 90' / practice
 - 1 Land Workout / week
 - Agility
 - Body Strength
 - Speed
 - 1 Technical Point of Emphasis / week
 - 60-75 minutes of active stretching
 - 90-120 minutes of Skill and Drills
 - 1 Steady State Workout
 - 1 Peak Power Workout
 - 1 Race Workout



Training Center Workouts (Tuesdays: Boys Start on Ergs/Girls Upstairs, Thursday: Girls Start on Ergs/Boys Upstairs)

0-15	Dynamic Warm Up + Warm Up Game			
	Tuesday		Thursday	
15-45 Minutes	Group 1: 30' Erg Workout TPOE: Posture	15-35 Minutes	Group 1: 20' Erg TPOE: Posture	In order to get the proper Aerobic workout on Thursdays, each athlete need their own erg. We'll need smaller groups, so be ready to add a 4 th exercise group if needed. This 4 th station could be 1) core, 2) auxiliary skill, or 3) Partner work within current circuit.
45-75 Minutes	Workout • 8 x 80 Meters, Groups 2-3 • Record Number of Strokes	35-55 Minutes	Workout: • (50" on, 10" off) x 8 • Goal: 28-32% of Peak Power • Only get credit for staying between target zone.	
	Group 2: Yoga Workout Switch every 30'	55-75 Minutes	• If in week 1, they went 8-8, they can increase their range 2%. Group 2: Circuit Training Workout #2 Group 3: Steady Bike Workout Switch every 20'	
75-90 Minutes	Cool Down Stretch + Extra Time			

BOCES Workouts

0-15 Minutes	Warm Up Game + Dynamic Warm Up
15-85 Minutes	Stations Work (8' work, 4' rotation) 1. Plyometrics: Plyo Workout #2 2. Eye Hand: Tennis Ball Games 3. Strength: Body Weight Circuit 4. Stamina: 10-20-30 Run x 8 • 10 Seconds Walk (PRE: 1) • 20 Seconds Job (PRE: 2-4) • 30 Seconds Run (PRE: 3-6) 5. Speed: 10 second sprints every minute
85-90 Minutes	Cool Down Stretch + Extra Time

DEVELOP ATHLETICISM

- Winter Training Formula
 - 20' Flexibility / Day (Warm Up & Cool Down)
 - 2 Sprint Workouts
 - 1 Erg
 - 1 Land
 - 2 Strength Workouts
 - Body Weight
 - Core
 - 2 Stamina Workouts
 - 1 Run
 - 1 Erg
 - 1 Plyometric
 - 1 Eye Hand Coordination
 - 1 Yoga





TRAIN TEACHERS

- **Head Coaches & Administrators**
 - **Build LEADERS!**
 - **Find Teachers and Teach them Rowing**
 - **Easier than finding rowers and teaching them how to teach**
 - **Give them a framework to work within**
 - **A safety net on a high rope let's them fall a little**
 - **Give them your time!**





TRAIN TEACHERS

- Modified Coaches/Developing Coaches
 - Ask Questions
 - Prepare a Practice Plan
 - Let your personality shine.
 - Ride Along
 - Stay in the moment
 - There is no race more important than the teaching moment in front of you!



QUESTIONS?



IF YOU MADE IT THIS FAR...

Strength

- Ability to apply force against resistance
- Peak Power
- Body Weight Exercises
- Core
- TRX

Speed

- 3 Elements
 - Reaction Time
 - Movement Time
 - Speed of Running
- Application
 - Erg Peak Power
 - 10" Sprints
 - Tag & Relays
 - Tennis Ball Games

Suppleness

- Dynamic Warm Up
- Cool Down
 - Facilitated Stretching
- Yoga



IF YOU MADE IT THIS FAR...

Skill

- Levels of Proficiency
- Technical Points of Emphasis
 - Leg Drive
 - Release
 - Body Sequence
 - Handle Heights
 - Compression
 - Balance
 - Catches
 - Championship Week
- Physical Skills
 - Gross motor SKILLS
 - Fine motor SKILLS

Stamina

- Ability to sustain physical activity for long periods of time.

