

# NorCal MTB Youth Training Tips

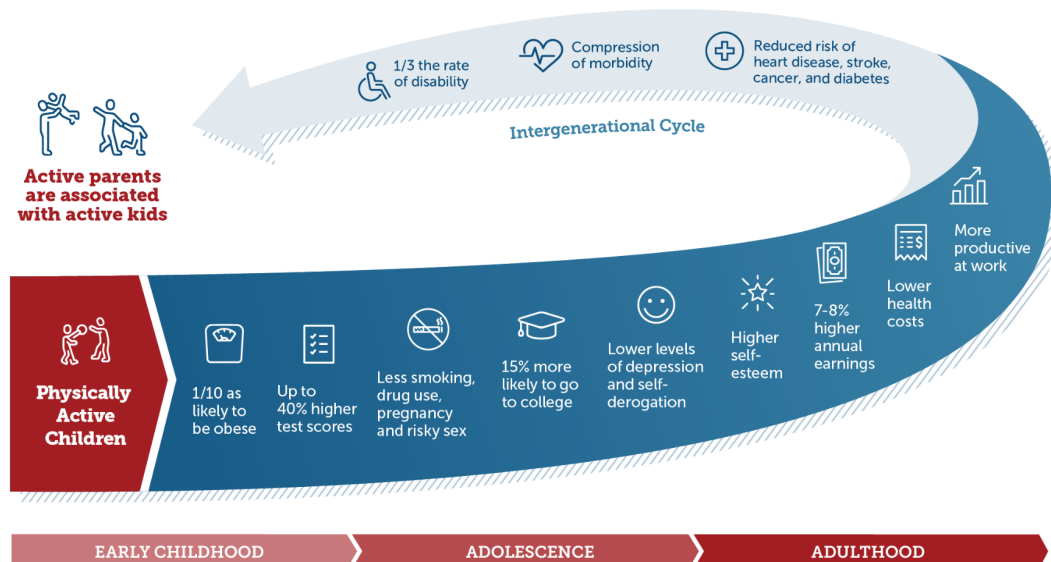


## Potential Benefits of Mountain Biking in Youth

- **Psychosocial Benefits**
  - Developmental progression
  - Self-confidence and self-esteem
  - Experience personal growth and how to handle success and failures
  - Learn to set goals
  - Teamwork, relationship, leadership building
  - Introduction to competition
- **Physical Benefits**
  - Promotion of growth and development
  - Trying new things/ learning body
  - Improved body composition
  - More physical activity → cardiovascular fitness → improvement in insulin sensitivity, blood lipid profile, blood pressure, blood vessel function

## ACTIVE KIDS DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits



Learn more at [aspn.org/sportsfacts](https://aspn.org/sportsfacts)

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## General Training Principles for Middle School Aged Children

- The **Training to Train** stage occurs in 10- to 14-year-olds with the goal of learning how to train and learning the basic skills of a specific sport.
  - In the Training to Train stage, there should be a ratio of **75% training to 25% competition**, with the major focus on learning the basics as opposed to competition.
- Focus more on **skill** and **strategy** rather than training volume.
- Develop endurance through **games** and **challenges** with frequent breaks.
- Keep children working on **flexibility, speed, endurance, and strength**.
- Develop movement skills into sport skills. Ensure a **progression of skills** from basic to complex
- Training volume per week should not exceed child's **age in years**.
- Athletes should take **1-2 days** off a week off from structured sport participation.
- **Enjoyment** should be the key motivator for children in sports. If they are not having fun, consider a change in sport team or taking some time away from structured sport.
- Encourage athletes to participate in a **variety** of different unstructured (ie, deliberate play) and structured age-appropriate sport-related activities and settings, to develop a wide range of athletic and social skills and attributes that will encourage sustained sport participation and enjoyment.
- An optimal level of **sleep** should be encouraged: (~8.5–9.5hr)
- **Weight training** may be initiated 1-2 days/wk, provided that the program is well supervised, that small free weights or body weight are used with high repetitions (15–20), that proper technique is demonstrated, and that shorter sets using heavier weights and maximum lifts (squat lifts, clean and jerk, deadlifts) are avoided.

## Training in the Heat

- When children and adults perform physical activity in extreme environmental conditions, children are more susceptible to environmentally related illnesses than adults.
- To prevent exertional heat-related illness, exercise should be scheduled during the coolest times of day, usually before 10:00 am and after 6:00 pm.
- Athletes should be well hydrated before beginning prolonged activity. During the activity, coaches and trainers should ensure that the athletes periodically drink cold water or an appropriate carbohydrate-electrolyte drink. They should drink 5 to 8 ounces every 20 minutes, even if they do not feel thirsty.

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- Clothing should be light-colored, lightweight, and limited to one layer of absorbent material to facilitate evaporation of sweat.
- Children should be encouraged to eat a balanced diet and not to skip meals. A basic healthy nutrition plan can usually provide necessary salts, minerals, and vitamins.