



ATHLETES PERFORMANCE

INSIGHT
Psychological™

RESOURCES

If you're looking for additional athletic resources, here are outlets that you may find beneficial.

STRENGTH & CONDITIONING

THE BENT OVER BARBELL ROW:

A COMPOUND MOVEMENT THAT TRAINS THE UPPER BODY TARGETTING THE BACK, LATS, BICEPS, BRACHIALIS, AND CORE.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=-XLBXIMQH3A](https://www.youtube.com/watch?v=-XLBXIMQH3A)

THE SQUAT

A COMPOUND MOVEMENT THAT TRAINS THE QUADS, GLUTES, HAMSTRINGS AND CORE MUSCLES.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=TVB1Q8ZKP3O](https://www.youtube.com/watch?v=TVB1Q8ZKP3O)

PREVENTION OF KNEE INJURIES

8 BEST TIPS TO AVOID A KNEE INJURY. PRACTICAL INJURY PREVENTION TIPS TO HELP ATHLETES PERFORM OPTIMALLY.

[HTTPS://WWW.GOMBERAMD.COM/BLOG/TIPS-TO-AVOID-A-KNEE-INJURY-27684.HTML](https://www.gomberamd.com/blog/tips-to-avoid-a-knee-injury-27684.html)

STRENGTH & CONDITIONING

STRENGTH AND CONDITIONING AT ITS SIMPLEST FORM IS THE PRACTICAL APPLICATION OF SPORTS SCIENCE TO ENHANCE MOVEMENT QUALITY.

[HTTPS://STRENGTHANDCONDITIONINGEDUCATION.COM/WHAT-IS-STRENGTH-CONDITIONING/](https://strengthandconditioningeducation.com/what-is-strength-conditioning/)

WARM UP

WARMING UP IS CRITICAL FOR INJURY PREVENTION IN ATHLETES. A GOOD WARM UP HELPS ATHLETES GET PREPARED FOR RIGOROUS COMPETITION AND TRAINING.

[HTTPS://WWW.NERDFITNESS.COM/BLOG/WARM-UP/](https://www.nerdfitness.com/blog/warm-up/)

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PHYSIOLOGY

RECOVERY VS. ADAPTATION

RECOVERY IS A PROCESS OF GETTING BACK WHAT WAS LOST OR SIMPLY BRINGING AN ATHLETE'S PERFORMANCE BACK TO WHERE IT WAS. ADAPTATION DEALS WITH THE PROCESS OF ADJUSTING TO STIMULUS.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=UEBFOOEJTT8](https://www.youtube.com/watch?v=UEBFOOEJTT8)

MORE RESOURCES

ADDITIONAL RESOURCES TO CREATE HIGH PERFORMANCE HABITS.

[HTTPS://WWW.CSIPACIFIC.CA/ATHLETES/ATHLETE-RESOURCES/PERFORMANCE-POINTS/#S-C](https://www.csipacific.ca/athletes/athlete-resources/performance-points/#S-C)

PERFORMANCE ANALYSIS

USING 4K VIDEO IN SPORT

USING VIDEO ANALYSIS CAN BE AN EFFECTIVE TOOL FOR PLAYERS AND COACHES TO ANALYZE PERFORMANCE AND WHERE IMPROVEMENTS CAN BE MADE.

[HTTPS://WWW.SPORTSMITH.CO/ARTICLES/HOW-TO-USE-VIDEO-ANALYSIS-EFFECTIVELY-WITH-YOUR-ATHLETES/](https://www.sportsmith.co/articles/how-to-use-video-analysis-effectively-with-your-athletes/)

MORE RESOURCES

[HTTPS://WWW.CSIPACIFIC.CA/ATHLETES/ATHLETE-RESOURCES/PERFORMANCE-POINTS/#ANALYSIS](https://www.csipacific.ca/athletes/athlete-resources/performance-points/#ANALYSIS)

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PREVENTION

STAYING ON TOP OF HEALTH

HERE ARE THE KEY FACTORS FOR ATHLETES TO FOCUS ON IN ORDER TO MAINTAIN OPTIMAL HEALTH.

[HTTPS://CAROMONTHEALTH.ORG/NEWS/TIPS-FOR-KEEPING-YOUR-STUDENT-ATHLETE-IN-TOP-HEALTH/](https://caromonthhealth.org/news/tips-for-keeping-your-student-athlete-in-top-health/)

TIPS ON STAYING HEALTHY IN THE WINTER

5 KEY HABITS FOR ATHLETES TO STAY HEALTHY DURING THE WINTER SEASON. REMEMBER: PREVENTION IS BETTER THAN CURE WHEN IT COMES TO HEALTH AND ILLNESS!

[HTTPS://YOUTHSPORTNUTRITION.COM/EN-CA/BLOGS/TEAMYSN-FORUM/5-WAYS-TO-STAY-HEALTHY-IN-WINTER#:~:TEXT=TO%20STAY%20FIT%20AND%20HEALTHY,DRINK%20PLENTY%20AND%20STAY%20HYDRATED.](https://youthsportnutrition.com/en-ca/blogs/teamysn-forum/5-ways-to-stay-healthy-in-winter#:~:text=to%20stay%20fit%20and%20healthy,drink%20plenty%20and%20stay%20hydrated.)

BASICS: PRINCIPLES OF INJURY PREVENTION

FOR ATHLETES TO REMAIN IN TOP FORM THROUGHOUT THEIR SPORTING CAREER, INJURY PREVENTION PROTOCOLS ARE NECESSARY.

[HTTPS://WWW.PHYSIODUBLIN.IE/2012/04/12/PRINCIPLES-OF-INJURY-PREVENTION/](https://www.physiodublin.ie/2012/04/12/principles-of-injury-prevention/)