

GET OFF THE COUCH

S&C: Taking Your Game to the Next Level

Haylie McCleney

Olympian, Sports Performance Coach

Facebook Page: @hayliemccleney8

IG: @hayliemac8 Twitter: @hayliemac8



MY WHY



STOP FOLLOWING FITNESS INFLUENCERS

Seriously, please stop. Know the difference between “fitness” and sports performance.



WHAT TO LOOK FOR

Athletes in posts, particularly emphasizing shoulder health or sport specific exercises. What are the PROS doing?

Certifications/Degrees: CSCS, CSCCa- SCCC, USAW, FRC, MS, PhD, FMS



THINGS WE CAN DO RIGHT NOW

Power is plane specific. Get rotational.

Speed will always deteriorate first. Jump and Sprint. Great News!

Incorporate Tempos with limited equipment

Remember what your priority is. Where are we in the Annual Plan?

The Balance of the Push:Pull Ratio

Yoga disclaimer! Consider FRC principles instead.



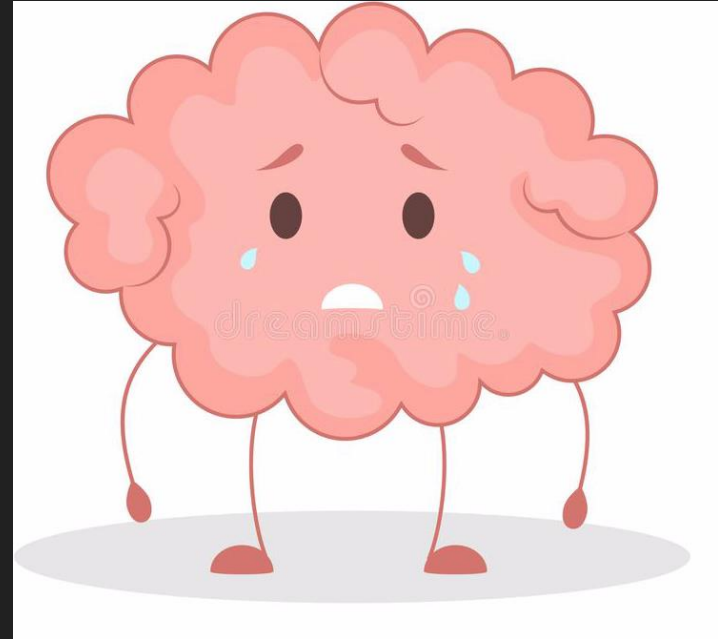
Why Exercise is Important

8% of adolescents get the recommended 60 minutes of exercise

5% of adults get the recommended 30 minutes of exercise

Health complications: Sitting Really Is The New Smoking

Lack of exercise linked to obesity, premature death, diabetes, dementia, Alzheimer's, cardiovascular disease, etc.



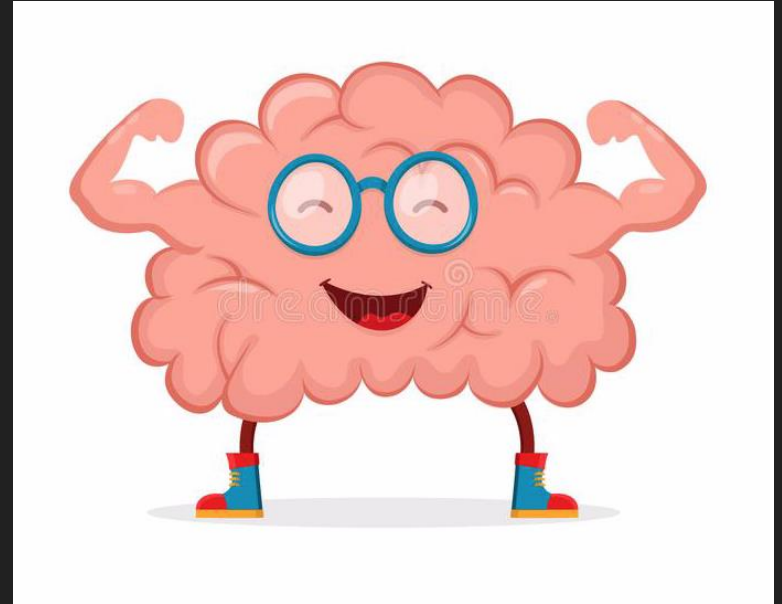
YOUR BRAIN ON EXERCISE

Pre-Frontal Cortex vs. Amygdala

How Exercise Influences the Balance

BDNF: Your Brain's Best Friend

Exercise influences wiring, activity, and physical structure of our brains





ANGRY FACE



HAPPY FACE

