



Periodization for the Multi-Sport Female High School Athlete

- I. Introduction
- II. The National Cathedral School for Girls
- III. The Independent school league in Washington, DC
 - a. Our NCS athletes competing at the next level
- IV. Empowering the female athlete
- V. Travel teams, AAU and implications for injury
- VI. Periodization for the multi-sport athlete
 - a. Fall conditioning and hypertrophy
 - b. Winter strength
 - c. Spring into power and speed
 - d. Summer rebuild
- VII. Training the multi-sport athlete
 - a. Corrective exercise implementation
 - i. How we use the FMS
 - ii. The dynamic warm-up
 - iii. ACL injury prevention
 - iv. Concussions and strength and conditioning
 - b. Teaching the core lifts
 - i. Teaching movement mechanics
 - ii. Starting them early
 - iii. Teaching body weight exercises and progressions
- VIII. Involving your community to inspire your athletes