

# MORRO BAY LADY PIRATES

## ATHLETIC DEVELOPMENT

### 3 X 3 PRIDE OVERVIEW 1.0



#### STUDENT ATHLETE,

The Morro Bay Lady Pirates recognize that athletic development is a key to current and future athletic success, health and well being. The process serves the student athlete along a planned development pathway and touches on the following 10 areas:

1. Team PRIDE (Positivity, Respect, Initiative, Determination, Enthusiasm)
2. Emotional/Mental/Goal Setting
3. Safety/Injury Prevention
4. Hydration
5. Nutrition
6. Sleep/Recovery
7. Strength/Hypertrophy
8. Cardiovascular
9. Speed/Power
10. Mobility

The 3 x 3 PRIDE athletic development paradigm is structured to provide current evidence and expert input on the above core pieces of athletic development.

3 x 3 PRIDE quite simply is the voluntary on ramp to a progressive structured athletic development pathway.

Participants will engage in up to 3 sessions of 3 week journaled programming with assessment and progress tools and information integrated into the pathway.

Athlete input is key to success. This a participative program and it is expected you want to see what is possible as this will guide all of us.

Date: \_\_\_\_\_

1 x 3 week: The initial 3 week session consists of the following:

- A. Journal Overview
- B. Goal Setting
- C. Metric/Assessments
- D. General Physical Preparation (GPP)

This first session is focused on collecting data, setting goals and initiating targeted training.

Ideally 2 x per week and no more than 4, the athlete will complete the suggested programming for each week. Sessions are 30-45 minutes. Athletes are expected to move with intention and focus through the programming.

Programming is based simply on the concept of the SAID principle. The SAID principle states that:

Specific Adaptations to Imposed Demands: Our bodies will adapt to the demands placed on it when demands are not overwhelming and recovery is adequate.

Goal setting: All athletes will have some shared goals such as strength, mobility and cardiovascular conditioning. We also encourage athletes to have individual goals and metrics.

Please be thinking about your individual goals.

At the end of this first week of session 1 you should be clear on the goals of the program and have established at least 1 individual goal for this session. Additionally you should have completed at least 2 days of PRIDE Programming.

This first week is also a great time to review any injury history and address any areas of athlete safety and injury prevention. If you have a history of injury or regular discomfort with activity to a specific region or body part you should note this in your PRIDE Journal.

**“Little and often over the long haul.....”**

**-Ralph Maughan**

