



# READY RUGBY

IT'S ALL ABOUT THE GAME

Newsletter

January 08

## Parents Corner

Welcome to our January Newsletter.

This month we decided to tackle the following topics;

### Age Guidelines on Strength Training

Generally, if your child is ready to participate in organized sports or activities such as baseball, soccer, or gymnastics, it is usually safe to start strength training.

### Fitness at Home

Parents can no longer rely on physical education in the schools to provide enough physical activity for children.

### What Are Concussions and Contusions?

A sharp blow to the head could result in a concussion, a jostling of the brain inside its protective, bony covering. A more serious head injury may result in contusions, or bruises to the brain.

Enjoy your reading and don't forget if you have a topic you would like covered e-mail it to [jason@readyrugby.com.au](mailto:jason@readyrugby.com.au)

Yours in Rugby  
The team at Ready Rugby

## What Is Strength Training?

The goal of strength training is not to bulk up. It should not be confused with weight lifting, bodybuilding, and powerlifting, which are not recommended for kids and teens. In these sports, people train with very heavy weights and participate in modeling and lifting competitions. Kids and teens who do those sports can risk injuring their growing bones, muscles, and joints.

## A Healthy Routine

In general, kids and teens should tone their muscles using a low amount of weight and a high number of repetitions, instead of trying to lift a heavy load one or two times. The amount of weight will depend on your child's current size and strength level. But in general, your child should be able to lift a weight with proper technique at least 10 to 12 times. If he or she can't lift the weight at least 10 times, it's likely that the weight is too heavy for your child.

Kids shouldn't even consider concentrating on adding muscle bulk until after they have passed through puberty. Even then, it's important to focus on technique so that they can strengthen their muscles safely.

## Age Guidelines on Strength Training

Generally, if your child is ready to participate in organized sports or activities such as baseball, soccer, or gymnastics, it is usually safe to start strength training.

A child's strength-training program shouldn't just be a scaled-down version of an adult's weight training regimen. A trainer who has experience in working with kids should design a program for your child and show your child the proper techniques, safety precautions, and how to properly use the equipment.

Kids as young as 6 years old can usually do strength-training activities (such as push-ups and sit-ups) as long as they can perform the exercises safely and follow instructions. These exercises can help kids build a sense of balance, control, and awareness of their bodies.

Typically, it's a good idea for younger kids to stay away from heavier weights. Instead, they should lift small amounts of weight with a high number of repetitions. In general as kids get older and stronger, they can gradually increase the amount of resistance they use. A trained professional can help your child determine what the appropriate weight may be.

### Strength-Training Safety

As with any sport, it's a good idea to have your child visit a doctor before beginning a strength-training regimen. If the doctor signs off on the idea, you'll need to make sure that your child will be properly supervised, using safe equipment, and following an age-appropriate routine.

Muscle strains are the most common form of injury, and the lower back is the most commonly injured area. But these injuries usually happen because the child has not used the proper lifting technique or is trying to lift too much weight.

As long as your child is using the proper techniques and lifting an appropriate amount of weight, strength training shouldn't have any effect on your child's growth plates, the layer of cartilage near the end of the bone where most of the bone growth occurs.

Strength training should not involve the use of anabolic steroids. Some young and professional athletes have abused these drugs to build muscles and improve athletic performance and appearance. But these drugs, some of which are illegal, can pose severe risks to physical and psychological health.

## Fitness at Home

Many parents and kids think of organized sports when they think of fitness. Though there are many advantages to signing your child up for the softball team, practice and games once or twice a week will not be enough to reach activity goals. In addition, parents can no longer rely on physical education in the schools to provide enough physical activity for children.



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There are many ways you can keep your kids moving at home.

- \* Incorporate physical activity into the daily routine. From household chores to an after dinner walk, keep your family active every day.
- \* Allow enough time for free play. Kids can burn more calories and have more fun when left to their own devices. Playing tag, riding bikes around the neighborhood, and building snowmen are some favorite childhood pastimes.
- \* Keep a variety of games and sports equipment on hand. It doesn't have to be expensive - an assortment of balls, hula-hoops, and jump ropes can keep kids busy for hours.
- \* Be active together. It'll get you moving and kids love to play with their parents.
- \* Limit time spent in sedentary activities, such as watching TV, going online, and playing video games.

Part of helping your child commit to fitness includes being a positive role model by showing your child that exercise is important by regularly exercising on yourself.

Fitness for My Child

Between the ages of 6 and 8, kids are sharpening their basic physical skills like jumping, throwing, kicking, and catching. Some kids enjoy doing this in organized sports teams, but non-competitive leagues are the best choice for younger kids. Coaching your child's team or cheering from the stands on game days are ways you can show your support.

Kids who are 9 to 12 years old are refining, improving, and coordinating their skills. It's a time when a child's commitment to a sport may be reaffirmed, while other kids may drop out as competition heats up and level of play improves. It's okay if your child is not interested in traditional sports, but it's important to find alternative ways to be active.

Kids who enjoy sports and exercise tend to stay active throughout their lives. And staying fit can help improve self-esteem, help maintain a healthy weight, and decrease the risk of serious illnesses such as high blood pressure, diabetes, and heart disease.

## Things to look forward to in 2008

**Holiday Rugby Clinics**

**Injury Management Seminars**

**Fit 4 Rugby Programs**

**Speed 4 Rugby Program**

**Representative Channels Seminars**

**Manly Beach Rugby Festival**

**After School Programs**

**Primary Gala Days**

**For more information on these and any other programs go to [www.readyrugby.com.au](http://www.readyrugby.com.au) or contact Jason Grier on +61-416 486 121**

## What Are Concussions and Contusions?

A sharp blow to the head could result in a concussion, a jostling of the brain inside its protective, bony covering. A more serious head injury may result in contusions, or bruises to the brain.

A period of unconsciousness may indicate brain damage and accompanies many head injuries.

**OTHER SYMPTOMS TO LOOK FOR IF YOU SUSPECT A VICTIM MAY HAVE A BRAIN INJURY:**

1. clear or reddish fluid draining from the ears, nose, or mouth
2. difficulty in speaking
3. headache
4. unequal size of pupils
5. pale skin
6. paralysis of an arm or leg (opposite side of the injury) or face (same side of the injury)

**PROPER CARE:**

1. While waiting on help to arrive, keep the victim lying down in the recovery position
2. Control any bleeding, and be sure that he is breathing properly.
3. Do not give the victim any liquids to drink.
4. If the victim becomes unconscious for any amount of time, keep track of this information so that you can report it when medical help arrives.

[www.readyrugby.com.au](http://www.readyrugby.com.au)

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