



Indoor track for MCTC athletes: “Why do we include strength training?”

Most athletes use the indoor season to ensure that they are well adjusted and in tip top shape for the outdoor season. Even though we call this season a “training period,” MCTC will take strength training, workouts, and track meets very seriously.

Strength training: OK for kids?

Strength training offers kids many benefits, but there are important caveats to keep in mind. Here's what you need to know about youth strength training.

[By Mayo Clinic staff](#)

Strength training for kids? You bet! Done properly, strength training offers many bonuses to young athletes. Strength training is even a good idea for kids who simply want to feel better. In fact, strength training can put your child on a lifetime path to better health and fitness.

Strength training, not weightlifting

For kids, light resistance and controlled movements are best — with a special emphasis on proper technique and safety. Your child can do many strength-training exercises with his or her own body weight or inexpensive resistance tubing. Free weights and machine weights can put too much strain on young muscles, tendons and areas of cartilage that haven't yet turned to bone (growth plates) — especially when proper technique is sacrificed in favor of lifting larger amounts of weight.

For kids, what are the benefits of strength training?

Done properly, strength training can:

- Increase your child's muscle strength and endurance
- Help protect your child's muscles and joints from injury
- Improve your child's performance in nearly any sport, from dancing and figure skating to football and soccer



Learn to Train

Train with MCTC to increase your speed, strength, quickness and power to become the best athlete you can be.

Training Highlights:

- This program offers pre-testing assessment to identify talent areas as well as indicators of potential problems in the future
- Experienced trainers and coaches
- State of the art training facility

Track & Field Programming Includes:

- USATF Meets
- AAU Meets
- Indoor Training
- ...and more!

Indoor Session Details:

- Cost: \$330.00 (per athlete)
- Ages: 7 -18
- Length: 12 weeks
- (21 workouts @ 120 minutes each), (10 workouts @ 90 minutes each)
- 5 weeks @ 2 days per week, 7 weeks @ 3 days per week
- Ratio: Athlete to coach, 6 to 1
- Dates: See Calendar

Includes:

**MCTC track uniforms (shorts, tank & rain suits)
Track Meet events fee**

***Does not include running shoes, track spikes and travel expenses, which are required.**

Antonio Workman * Morris County Track Club / 10 Arnold Drive * Parsippany, NJ 07054
* Tel 973 -794-3774* Fax 973 - 556-1652 * Email AW@MCTTrackClub.org