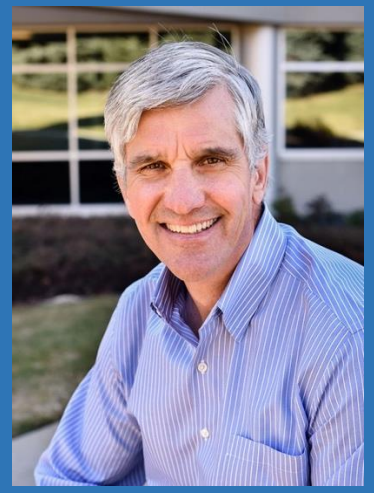
YOUTH SPORTS ALLIANCE

State Of Play

On the Wasatch Back

State of Play for the Wasatch Back

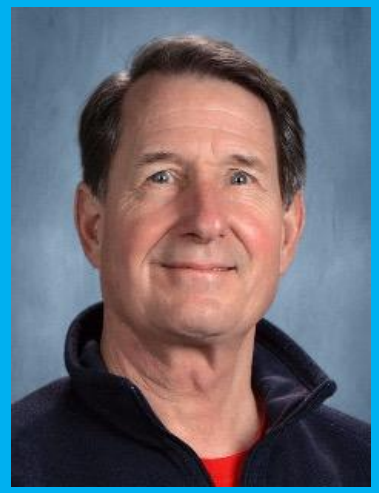


Dr Eric Heiden MD

Orthopedic Surgeon, Multisport athlete and five-time Olympic Gold Medalist

Steve Myrland

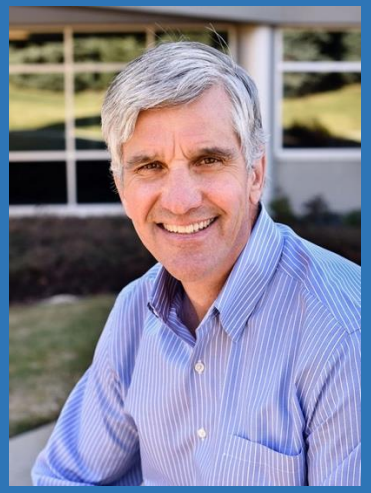
Movement and performance coach



Greg Thompson M. Ed

Retired PE Teacher
Performance Coach

State of Play for the Wasatch Back



Dr Eric Heiden MD

- Dr. Eric Heiden is the knee, shoulder and sports medicine specialist at Heiden Orthopedics.
- Dr Heiden has earned more medals in a single Olympics than any previous Olympic athlete and setting 15 world records in his speed skating career.
- At the 1980 Lake Placid Olympic Winter Games, he won the Gold in all five speed skating events, including sprint and distance, while setting four Olympic records and one world record.
- After retiring from speed skating, Dr. Heiden began a second career in cycling. He quickly rose to the top, winning a United States Cycling Championship and competing with the 7-11 team in the 1986 Tour de France just a few years later.
- By 1991, Dr. Heiden had earned his medical degree from Stanford University and was ready to begin his third career – what he considers his life work – as an orthopedic surgeon specializing in sports medicine.

Overuse Injuries

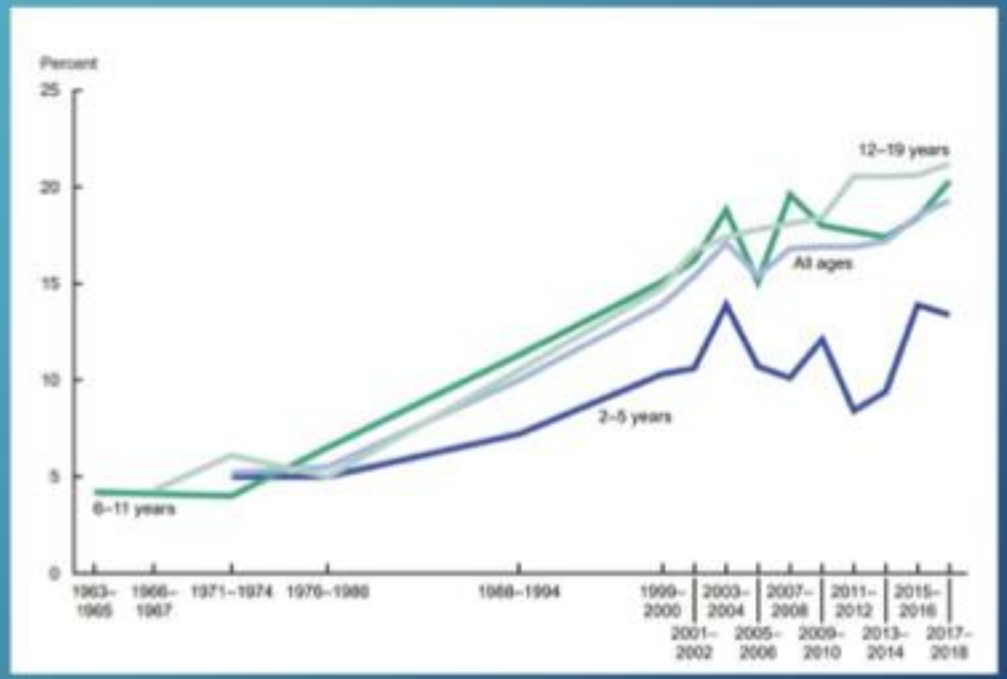
Sports Are Beneficial

Sports are full of Good Attributes

- Physical and Emotional Wellbeing
- Encourage Lifelong Activity

Childhood Overweight / Obesity

- 35% of children/adolescents are overweight or obese.
- Causes
  - Diet, Family, Screen Time, Lack of Physical Activities
- Lead to CHRONIC Health Problems
  - Diabetes Type 2, Hypertension, CVD, Join Pain, Mental Health
- Economic Burden



Overuse Injuries and Burnout

- Approx. 60 million children participate in organized sports
- Attrition rate of 75% by age 13yo
- 75% of adolescents fail to meet recs. for daily activity

What is an Overuse Injury

- When an athletic activity is repeated so often areas of the body do not have enough time to heal.
- Youth are at greatest risk because they are still growing

Why Are We Seeing Overuse Injuries

- Organized Athletics
- Pressure to Compete
- Sports Specialization
- One Sport Year-round

Today

One Sport All Year

Multiple Teams/Leagues

No Rest

Yesteryear

Seasonal Sports

What Causes Overuse Injuries

Affected

- Muscles
- Tendons
- Bones
- Growth Plates

Uneven growth

- Bones grow faster than muscles

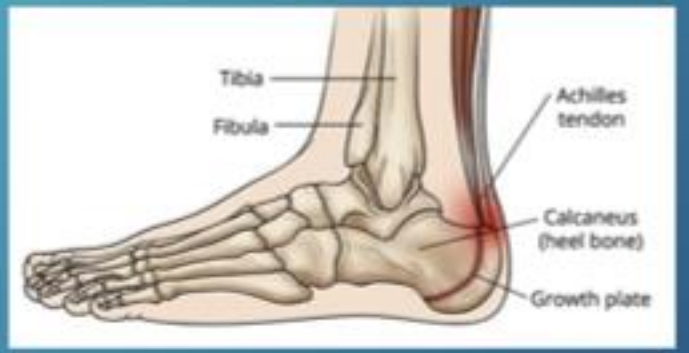
Overuse Injuries

- Sever's Disease
- Osgood- Schlatter Disease
- Jumper's Knee
- Elbow Injuries in Throwers
- Stress Fractures
- Stress Reaction Growth of Plates
- Sprain and Strains

Overuse Injuries

- Sever's Disease
  - Heel pain
  - Insidious onset
  - Growing Adolescents
  - Inflammation of Growth Plate
  - Running, Jumping

  - Treatment
    - Limit activities until pain goes away



Overuse Injuries

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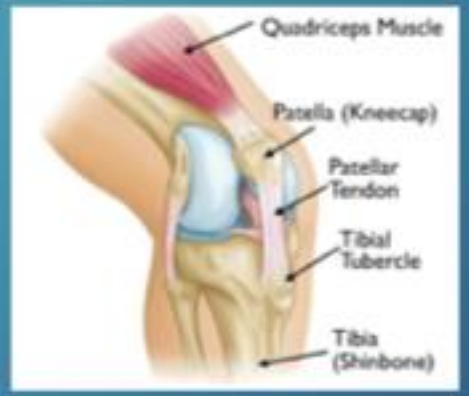

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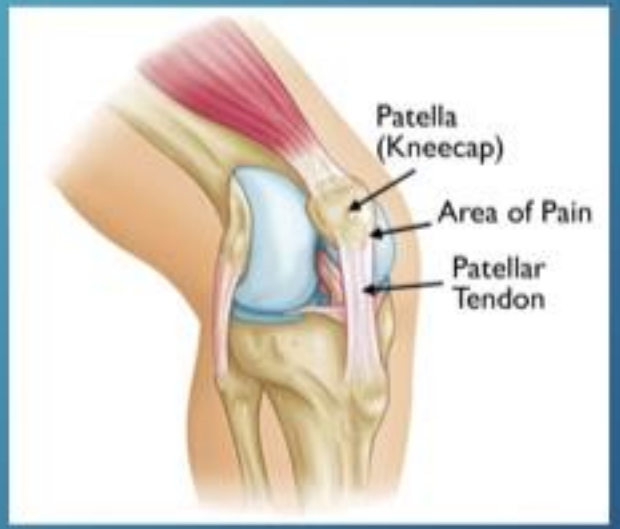


State of Play for the Wasatch Back

Steve Myrland

Movement and performance coach

- Steve Myrland - a movement and performance coach for athletes at all points on the competitive spectrum.
- Steve began at the University of Wisconsin Athletic Department in 1988, and was instrumental in Big Ten and NCAA Championship efforts in rowing, hockey, soccer and cross country.
- His professional experiences and coaching network have expanded through training collaborations with individuals, teams, coaches and injury rehabilitation specialists.
- Steve has trained athletes from high school to professional and Olympic competitors and has presented both nationally and internationally on topics related to performance and health.

THE GOAL

(whether you are training for the Olympics or simply hoping to age gracefully):

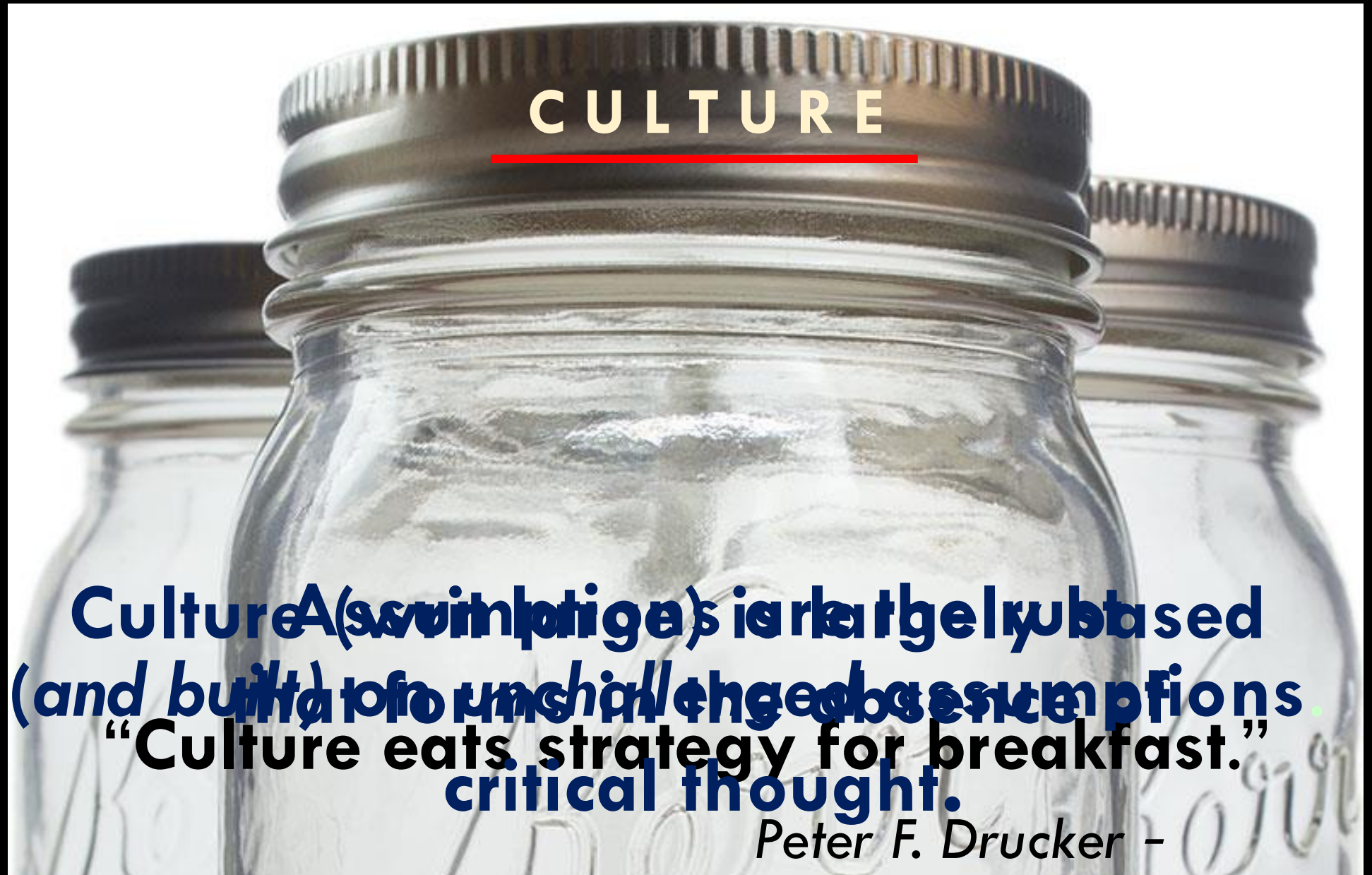
We want bodies that are wholly *adaptable* . . .

. . . rather than (simply) *adapted*

OBSTACLE #1: "Reductionist Thinking"

(You can't just *ignore* inconvenient things)

OBSTACLE #2: Culture



Culture (swimming) is rarely subjected to unchallenged assumptions.

A (swimming) culture is built on unchallenged assumptions.

Culture (swimming) is rarely subjected to critical thought.

"Culture eats strategy for breakfast."

Peter F. Drucker -

Unhelpful Assumption #1

Efficient ≠ Effective

Unhelpful Assumption #2

Maximum ≠ Optimum

Unhelpful Assumption #3

Quantity ≠ Quality

Good coaching (and good parenting) is all about the culture you create to support the *process*.*

*And the process takes its *own* time.


YMCA


USA


UIL
STATE 2013


2000 State Champions
LIGHTNING


15
16
20
1
19
14
7


speedo


FLORIDA
QUIKSILVER
pambetta


COME TRAIN LIKE THE PROS!
Bo Porter's
FUTURE ALL-STARS
EST. 1998
BASEBALL
DEVELOPMENT ACADEMY
Big League Training Program
Sign up today!

SAN JOSE SHARKS
OFF-SEASON
TRAINING PROGRAM

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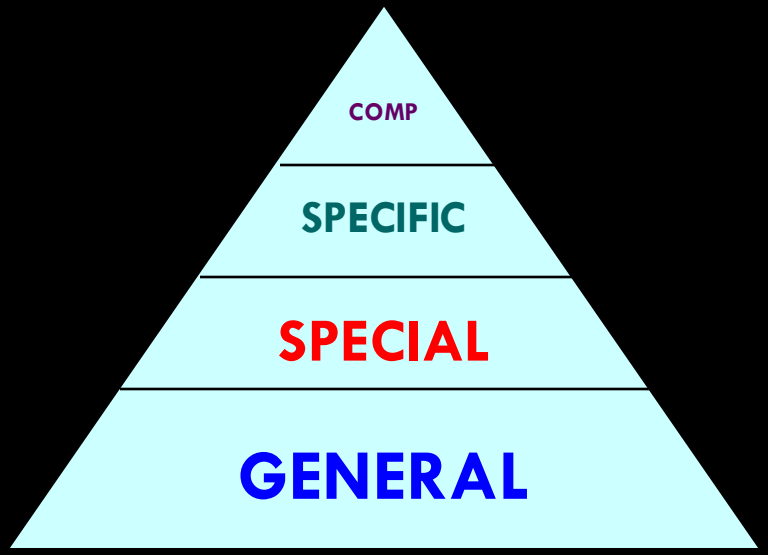
1994

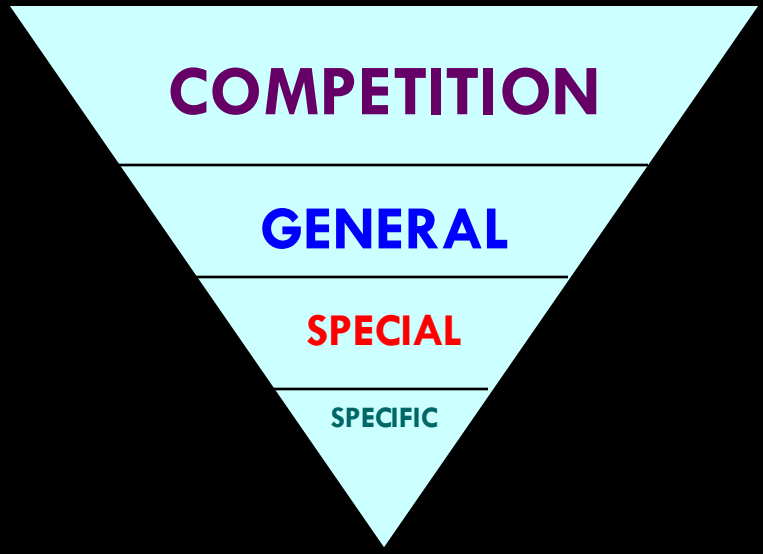
Training Derivatives:

- ❑ Competition (*absolute* specificity)
- ❑ Specific (1st derivative)
- ❑ Special (2nd derivative)
- ❑ General (3rd derivative)

YOUTH



PROFESSIONAL



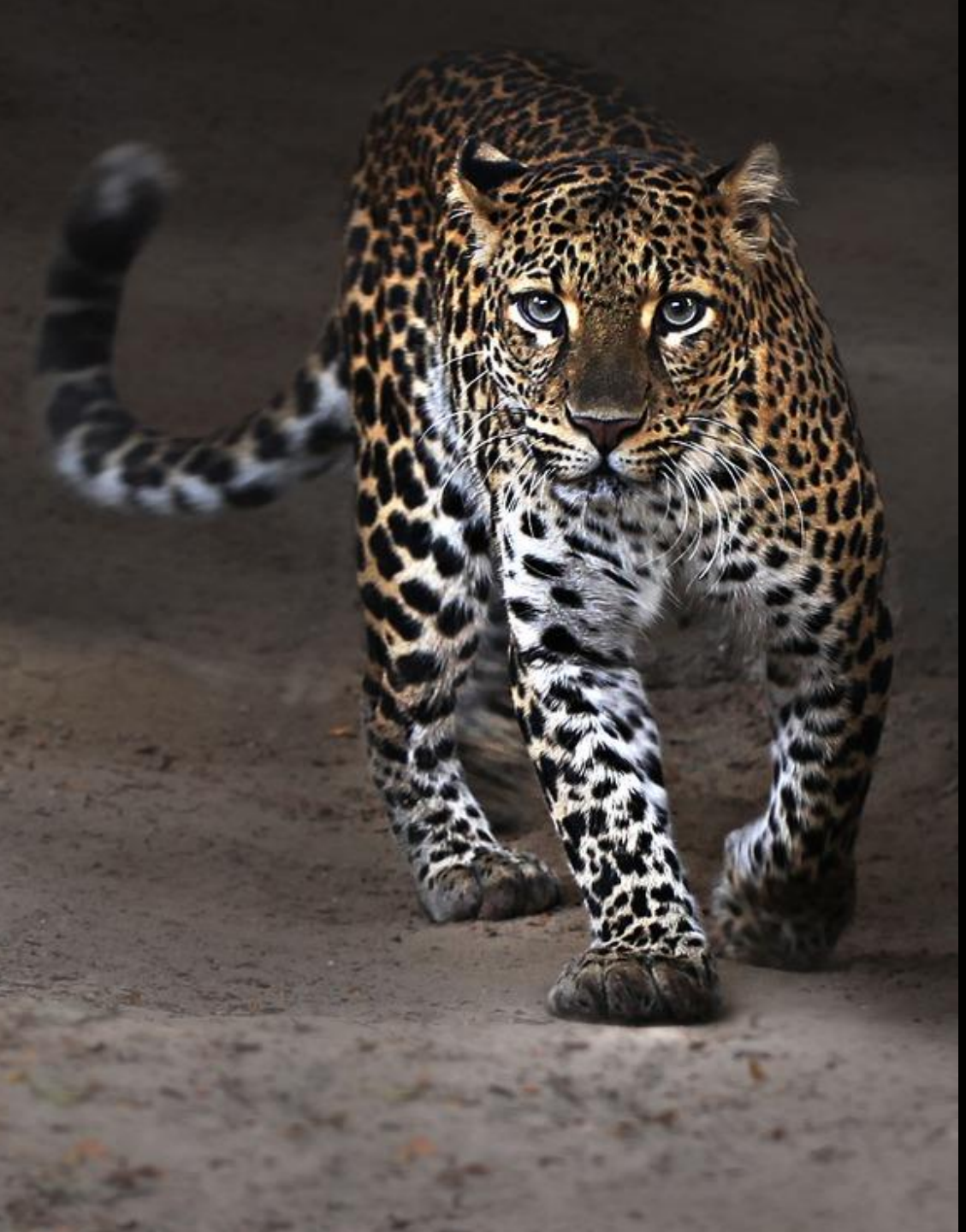
The Critical point:

A 10-year-old is not
half a 20-year-old

Athlete / individual-appropriate *before* sport-specific

Forcing things is counter-productive (and dangerous)


BARBELL
YORK
FISCHER
FINANCIAL



Grace . . .

(You know it when you see it)

Steve Myrland

stevemyrland55@gmail.com

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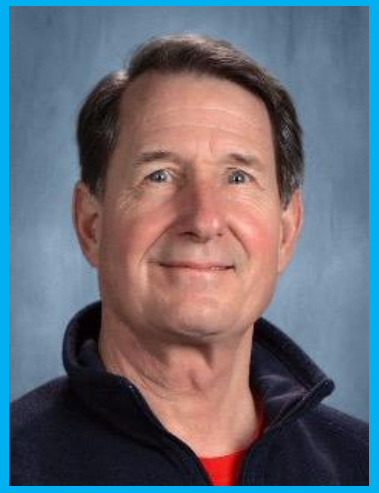

Greg Thompson M. Ed

Performance Coach

- Greg Thompson has been teaching and coaching for over 30 years and has degrees from Alma College and Wayne State University.
- In 2023, he retired his position as an elementary Physical Education at Longacre Elementary in the Farmington Public School District in the suburban Detroit area. Since coming to Farmington, he has served as K-12 Physical Education Coordinator and Department Chair.
- His programs have earned two EDEX awards, one for assessment and one for “Rise and Shine”, his before-school exercise program. In 2014 he received the Governor’s Champion for Health award from the Governor’s Fitness Council.
- As a presenter, he has conducted numerous AAHPERD national convention workshops. Additionally, he has presented at many state conventions and local workshops. From 2010 to 2021, he was a member of Vern Gambetta’s GAIN faculty. GAIN is an annual workshop for performance coaches that meet in Houston each spring. It draws students and instructors from around the world.

YOUTH SPORTS ALLIANCE

State of Play for the Wasatch Back

What's next?

Facebook group post items at "Kid & Teen Activities in Summit & Wasatch: Park City, Heber Valley & Kamas."

Next meeting March 2025

Feedback please email
heather@ysausa.org