



INTELLIGENT SPORTS CONDITIONING™ (ISC) – “ADVANCED P.E.”

Overview:

ISC is the backbone of our curricula at FUZE. All kids should be encouraged to participate in **organized sports** (group or individual) or in **regular physical activities**. The benefits of taking part in exercise and use of technology have been well documented and include advantages in psychosocial functioning, physical improvements, academic performance and health-related gains. ISC at FUZE offers your child or teen the non-competitive benefits of an *integrated* approach to fitness through experienced trainers – typically NCAA athletes, certified trainers, and exercise science and kinesiology degreed coaches experienced in youth conditioning. We aim to build a confident player’s mind and a competent young body physically fit to perform in sports and in life! Students advancing through ISC may be invited to participate in the **TEAM FIT™** program. If you are seeking a sports-specific training experience, please see our **Sports-FiT™** classes. Every class is age-appropriate: 5-8 years, or 9-14 years.

Goals:

FUZE ISC programs incorporate the basics of **play** as a starting point. From there, we have 3 training outcomes in mind with each 30 min. session:

- #1: Injury prevention** in a conditioning program for a particular sport, e.g.: soccer or volleyball knee, basketball ankle, hockey back, or baseball shoulder
- #2: Facilitate growth** and motor development by creating inherent, **sustained interest**
- #3: Improve performance** and the **performance** experience

Details:

Our proven results and testimonials garnered over thousands of hours of real-world teaching experience have shown what the ISC program can accomplish in your child:

- Build the physical tools that sports **participation** draw upon: *movement, strength* and *balance*
- Reduce the propensity and severity of **injury**
- Strengthen the mental capacity of each child to **perform**
- Improve athleticism through **aged-based** motor development drills and skill-building
- Provide **cross- training** and **off-season** sports competencies
- Upgrade the sports experience for every child by building inner **confidence**
- Teach **life skills** tied to sports and sports conditioning, following the PCA Double-Goal® coaching standards
- Help limit "**burnout**"; inspire interest and **commitment**
- Advance with assessments and goal-setting to measure, motivate and **reward progress**



Teaching Concepts:

Each FUZE class is grounded in a core ISC competency area – *see below* – and includes Teaching Concepts with purposeful drills and activities of instruction in each class, often segmented by ability and motivational level and including appropriate use of technology. Our primary teaching concepts include:

- ✓ Functional Movement
- ✓ Body Management, Control and Spatial Awareness
- ✓ Manipulative and (Ball) Handling Skills
- ✓ Aerobic Capacity and Cardiovascular Endurance
- ✓ Muscular Strength and Stamina
- ✓ Hand/Foot – Eye Coordination
- ✓ Dynamic Flexibility and Range of Motion
- ✓ Rhythmic Movements Patterns, and Reaction-timing
- ✓ Socialization, Teambuilding, and Group Dynamics
- ✓ Basic Game Play and Strategy
- ✓ Confidence and Character-building

Sport Competencies:

ISC is a bi-weekly rotation consisting of 8 weeks of conditioning tied to the primary physical attributes of major sports to foster development of an inter-connected system and sport-core foundation. Every 2 weeks, we focus on a core competency area:

PHYSICAL ATTRIBUTE

ROTATE-CORE:

HIGH-FITNESS:

POWER-IMPACT:

MOBILITY-BASED:

MAJOR SPORTS FOCUS

HOCKEY, TENNIS, GOLF, LACROSSE, RIDING, JUDO, FIELD HOCKEY

SOCCER, LACROSSE, TENNIS, SWIM/WATER POLO, TRACK

BASEBALL, FOOTBALL, RUGBY, WRESTLING

BASKET-VOLLEYBALL, GYMNASTICS, DIVING, GOAL-KEEPER

About FUZE Fit For A Kid!

FUZE is a privately-held, Department of Justice-certified youth-only health club modeled after the principles of the Positive Coaching Alliance®, having earned the prestigious Seal of Commitment. Our technology-inspired, age-appropriate conditioning curricula, and our facilities improve the health, fitness and confidence of children and teens 5-15 years. FUZE has worked with over 8,000 kids to research and develop our award-winning programs and services since 2008, featuring appropriate levels of interactive fitness technology. We aspire to enhance athletic development, strengthen socialization and self-esteem with after-school programs, targeted personal training, team-based programming, integration of novel group exercise classes, and implementation of physical education above and beyond state and federal standards. In so doing, FUZE creates lasting, fun fitness experiences - where **working** out is all **play!**™. FUZE is rated 5-Stars on YELP® and is the recent Best of Bay® Fitness Center in South Bay.