



JOIN THE MOVEMENT:

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

OVERVIEW:

ISC is the backbone of our **SPORTS FIT** 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! Classes are segmented based on ability and motivational interest. What’s more, students advancing through ISC may be invited to participate in the **TEAM FIT™** program. If you are seeking a sports-specific training experience, please also see our **GAME-FIT™** classes. Classes are structured to accommodate most 7 - 12 year-olds (exceptions made on a case-by-case basis) based on initial level of ability, skill and interest level.

PROGRAM GOALS:

The FUZE ISC program incorporates the basics of **play** as a starting point. From there, we have 3 training outcomes in mind with each 60 min. session:

- #1: Injury prevention** in a conditioning program for a particular sport, e.g.: soccer or volleyball knee, basketball ankle, hockey back, gymnast wrist, or baseball shoulder
- #2: Facilitate growth** and motor development by creating inherent, **sustained interest and fun**
- #3: Improve and upgrade the sports experience** with developmentally appropriate activities, movement and instruction taught by coaches who *get* kids – this applies to kids tied to a singular sport, playing several, or simply wanting to get the most out of the sport of life!

DETAILS OBJECTIVES:

Within each 12-week Session, our results and *testimonials* garnered over thousands of hours of *real-world* teaching experience here in our state-of-the-art training facility have shown that the ISC program works for most children, whether participating in our *Foundations, Excel, or Team Advanced* class levels. Here are our primary objectives for your child:

- Build the physical tools that sports **participation** draw upon: *movement, strength and balance*
- Reduce the propensity and severity of **injury** – compliment youth sports
- 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 – become more **athletic**

- Upgrade the sports experience for every child by building inner **confidence**
- Teach **life skills** tied to sports /sports conditioning, following the PCA Double-Goal[®] coaching standards- the intangibles (our 5 Cs: Character, Commitment, Confidence, Court-Field Awareness and Coachability)
- Help limit "**burnout**" (especially for kids playing just one sport), and level the playing field for success
- Set a base level, and the stage for advancement with assessments and goal-setting to measure, motivate and **reward progress**
- Provide reasonable metrics that also include recognition for a child's **academic performance** at school as the evidence is clear that fitness level and participation in regular movement does enhance school achievement

TEACHING CONCEPTS FOR OUR FIT P.I.T[™]:

In our fun and engaging **FiT P.i.T.** (for Players in Training), each 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, Real-world Movement
- ✓ Body Management, Control & Spatial Awareness
- ✓ Manipulative & (Ball) Handling Skills
- ✓ Aerobic Capacity & Cardiovascular Endurance
- ✓ Muscular Strength & Stamina
- ✓ Hand/Foot – Eye Coordination and Visual Acuity
- ✓ Dynamic Flexibility & Range of Motion
- ✓ Rhythmic Movements Patterns, & Reaction-timing
- ✓ Socialization, Teambuilding, & Group Dynamics
- ✓ Basic Game Play & Strategy
- ✓ Confidence & Character-building

SPORT COMPETENCIES:

Most kids will be participating in classes either 2 or 3 days per week (drop-in is also permitted). ISC is a continuous *bi-weekly* progression of 4-week rotation with conditioning geared to the primary physical attributes of major sports to foster development of an inter-connected system and sport-core foundation. Each week, students focus predominantly on a core competency area (other areas are also introduced with less focus to provide for a well-rounded and fun time in the FiT P.i.T.):

PRIMARY PHYSICAL ATTRIBUTE

ROTATE-CORE:

HIGH-STAMINA:

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

Every week will feature an appropriate **Workout of the Week (W.O.W.)** by class level in the FiT PiT and feature our state-of-the-art obstacle course – Rail FiT[™] - our tech-inspired target trainer, SportWall[®] and

our Traverse Rock Wall, among many other “bells and whistles” in our Trainer’s Toolkit, and following our structured class format.

SCORING METHOD – GO PLAY ACHIEVE (The FUZE G.P.A.):

GPA is a **recognition program**. Children will be encouraged to reach for their Personal Best and to work within their physical limits, placed in the appropriate class level, and each Student’s GPA will be posted on our in-Club and on-line Leaderboard, along with their FUZE BUCK\$ totals as they earn points for REWARDS Prizes.

500 Points Maximum (M-A-I-N-S):

- (100 Pts.) **Movement** – Core Strength and Stability, including Posture, Balance, Body Control, Coordination
- (100 Pts.) **Athleticism** – Linear/Multi-planar Speed, Lateral Quickness, Power, Reaction Time, Kinesthetic Awareness, Visual Acuity
- (100 Pts.) **Intangibles** of the 5 C’s: Character/ Coachability/Commitment/Confidence/Court-Field Awareness
- (100 Pts.) **Nutritional** Practices - Eating Index (includes health tips, quizzes, fueling for performance)
- (100 Pts.) **School** – SCORE Multiplier based on school grade point average (A=1.25, B=1.15, C=1.05); notes on improvement on academic performance when physically fit, eating right.

Each 100-Point element will have 5 activity metrics worth up to 20 points each based on either time, score, weight, repetition, quality, or completeness with effort required. Recognition levels include:

- **450-500 = Champion Level (achieved over two consecutive 12-Week periods)**
- **400-450 = Competitor Level**
- **300-400 = Contributor Level**
- **200-300 = Player Level**

FUZE BUCK\$ are a separate **reward program**. See www.fuzefit.com for details or ask the Front Desk.

ABOUT FUZE FIT FOR A KID!®

FUZE, located in Silicon Valley, 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 3-14 years. FUZE has worked with over 10,000 kids to research and develop our award-winning programs and services since 2008, which feature 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.