To learn more about Concordia's Strength and Conditioning program, go to www.cune.edu/athletics and click on “Strength & Conditioning”

You will also find the link to other sports camps and events offered this Summer!

Kid Fit

Offering a well-designed strength training program for your child

Coach Todd Berner
800 N Columbia Ave
Seward, NE 68434
Phone: 402.643.7191
E-mail: todd.berner@cune.edu

Kid Fit

Grades 2-6
Tuesdays & Thursdays
9am-10am
June 14 – July 28
*Excluding the week of July 4
Cost: $60
Strength training for kids? You bet! Done properly, strength training offers many benefits to young athletes. Strength training is even a good idea for kids who simply want to look and feel better. In fact, strength training might put your child on a lifetime path to better health and fitness.

Strength training, not weightlifting

Don’t confuse strength training with weightlifting, bodybuilding or powerlifting. These activities are largely driven by competition, with participants vying for lift heavier weights or build bigger muscles than those of other athletes. This can put too much strain on young muscles, tendons and areas of cartilage that haven’t turned to bone (growth plates) - especially when proper techniques is sacrificed in favor of lifting larger amounts of weight.

For kids, light resistances 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 are other options.

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 sports-related injuries
- Improve your child’s performance in nearly any sport, from dancing and figure skating to football, basketball, and soccer
- Develop proper techniques that your child can continue to use as he or she grows older

Keep in mind that strength training isn’t only for athletes. Even if your child isn’t interested in sports, strength training can:

- Strengthen your child’s bones
- Help promote healthy blood pressure and cholesterol levels
- Help your child maintain a healthy weight
- Improve your child’s confidence and self-esteem

Studies have demonstrated that children can improve strength by 30% - 50% after just 8 to 12 weeks of a well-designed strength-training program.