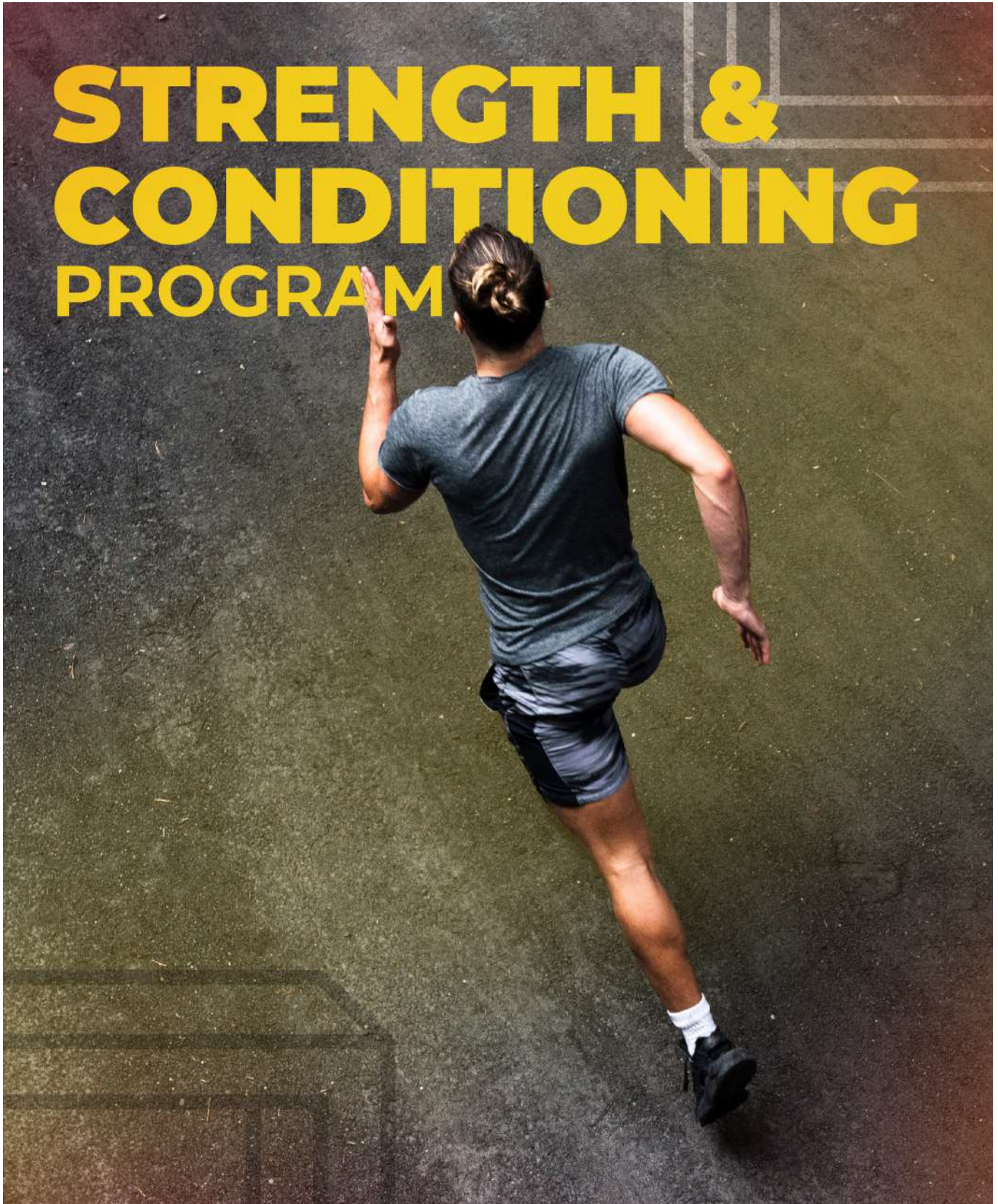


STRENGTH & CONDITIONING PROGRAM



OUR MISSION

We understand that no two sports persons are the same, and so too are their fitness and training requirements. We specialize in providing you with customized training that depends on the requirements of an athlete and the sport he or she is associated with. Our highly skilled team comprising of reputable physiotherapists, nutritionists and, strength and conditioning coaches focus on providing world-class training to the sportsperson enabling them to give their best performance.



OUR VISION

Support every athlete and sportsperson to enable them to give their best performances while also maintaining a high level of physical fitness. With sports science, sports prehab and rehab, and biomedical analysis, we aim to not only improve the performance but also ensure minimum possibilities of sports injuries to our sportspersons. With our seasoned and tailor-made sport-specific training, we aim to see your dreams come true.

OUR TEAM



Ramji Srinivasan

Founder Director
Former S&C of Indian Cricket team
(Winners of 2011 World cup)



Manav Mukund

Director of Strength and
Conditioning



Jeevan Manakumar

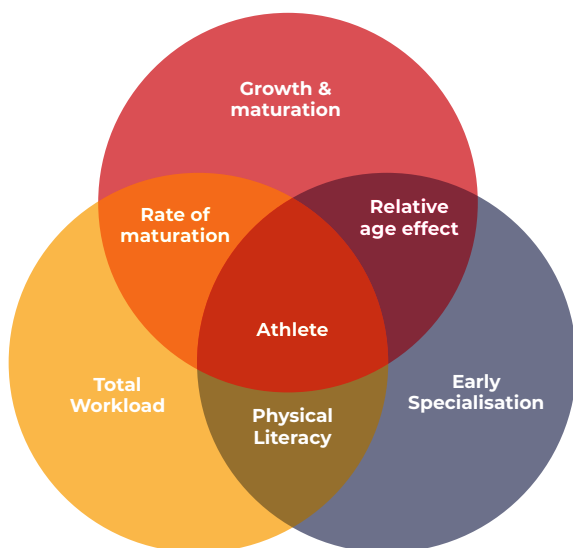
Center Head/
Strength and Conditioning Coach



Venkatesh Kumar

Sports Physiotherapist

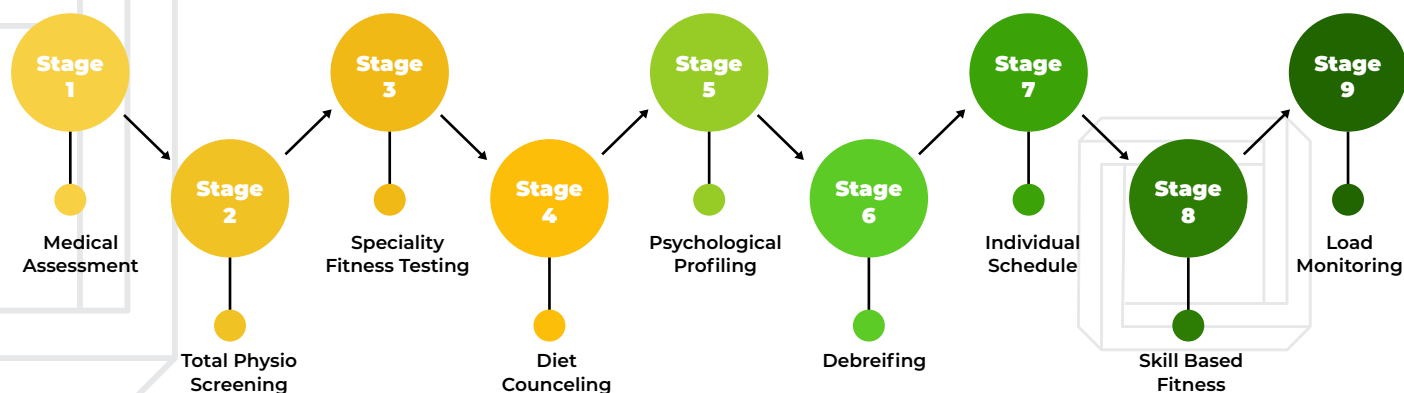
INGREDIENTS FOR DEVELOPMENT OF A ATHLETE



Being productive is the need of the hour specially to balance mind over body. Mental strength acquires the most impossible tasks at ease. At times a busy life is at a standstill and to keep it busy is a task. To resonate such life into a reality and to develop special practices as your daily routine is not just a thought. Any idea at a scratch can be your next living but wait, it's an art to develop and it takes some special training that won't leave the impossible without succeeding into a convincing way of your life. Mind and body works in a tandem and so mind is more of a constructive foundation to accompany the physical structure, that's your body to function effectively.

We at SportsKingdom in association with Sports Dynamix are introducing such fascinating training programs, sport expert mentors and state of the art equipment to ensure that you achieve the best fitness goals.

PROCESS AND PROTOCOLS TO BE FOLLOWED



ONLINE TRAINING PROCESS

- Our online coaching is highly individualized for every athlete. Programs are typically 4-6 weeks long depending upon the athlete's level of fitness and target goals.
- Before we start drawing up the individualized program we perform a battery of online fitness assessments in order to assess the athlete's strength and weaknesses and build them from the ground up to get them stronger, athletic and injury-free.
- If you have any previous injuries or current ones, we can help you train around them so you can continue to get stronger while avoiding further compromises to your fitness levels.

YOUR ACCESS EQUIPMENT

We are going to take your availability to any equipment into account, If you have access to a gym setup we are going to use them! If you don't we will find other methods to get you stronger. We are going to maximize the tools that you have in your gym or home.

HOW OUR PROGRAM WORKS

- The athlete will be going through a battery of online fitness assessments in a one-on-one call which helps the coaches to understand the athlete better and draw up an individualized fitness program.
- The next 2-3 online calls will be one-on-one debriefing about the exercises written in their individualized schedule through video demonstration and verbal explanation.
- These calls will make the athletes familiar with the exercises and the form with which they need to perform post which they will be allocated to certain batches consisting of optimized player-coach ratio.
- Our Specialized coaches will be monitoring the athletes in their respective batches.
- After the athlete undergoes training for the allocated period, the re-assessment one-on-one call is scheduled and the fitness program is updated for the next training cycle depending upon the progressed results obtained during the re-assessment.

Consent forms will be sent before the start of the program, which will be filled by the athlete for individual assessment. Customised planning and execution for 1 on 1 training program. training. Each session will include warmup, training, cooldown and feedback.

Athletes are expected to be equipped with the following items:-

- Training Shoes
- Towel
- Jump Rope
- Water Bottle
- Yoga Mat
- Hydration drinks if available

Workout routine will be changed periodically based on the online assessments

- The cost of **Group sessions with individual assessment is USD 43 per month all-inclusive** including online sessions, assessments and strength & conditioning regime per person.
- You can register online on the following link: www.sportskingdom.io/snc

ABOUT STRENGTH AND CONDITIONING CERTIFICATION PROGRAM

SportsKingdom along with SportsDynamix is committed to develop all levels of strength and conditioning training of the highest standards and quality

By undertaking this certification you are equipping yourself with the correct theoretical and practical training methodology that optimizes athletic performance.

This course will provide a deeper insight into the physical capacities required to play the game and the demands that are placed on the body. The course also aims to provide the coaches with actionable training strategies in the weight room gym and also ground activities to be utilized with their players. On completion of this course, the coach should be able to plan and deliver training programs that will improve their players' physical capabilities and on-field performance.

You will obtain the SportsKingdom and SportsDynamix Certification in Strength and Conditioning signed by Rohit Sharma

BENIFITS

- Identify key biomechanical terminology and topics in relation to integrated sports performance training.
- Explain functional anatomy as it relates to integrated sports performance training.
- Describe the components and function of an integrated sports performance assessment.
- Differentiate between aerobic and anaerobic energy systems.
- Describe the importance of the role of the metabolic energy system training in improving performance.
- Fitness components addressed in sports.
- Describe methods for developing metabolic energy system training plans.
- Describe the role of resistance training in improving sports performance.
- Describe various training principles and their role in program design.
- Explain the importance of the core musculature and its relationship to performance enhancement.
- Understand the central concepts that underpin the periodization of training.
- Relate the four sport seasons to the four periods of the traditional periodization model
- Apply the program design variables to create a periodized training program.
- Identify the protein, carbohydrate, and fat recommendations for athletes;
- List hydration and electrolyte guidelines for different age groups and scenarios and help athletes develop an individualized hydration plan.
- Identify common substances used to enhance performance.
- Identify the effects of ergogenic aids.
- Importance of recovery and methods involved.



PRE-REQUISITES

For all those who are engaged with school/club/academy or any sport setup as a coach, manager, fitness trainer or a player is eligible.

WHY SHOULD YOU ENROLL?

This program is designed by the legend Mr. Ramji Srinivasan who is the leading S&C Coach to drive our Strength & Conditioning programs globally. Ramji was the 1st Indian S&C Coach of the 2011 World Cup winning team and also the Champions Trophy. He is the Founder of Sports Dynamix which specialises in S&C programs where you get the best training programs, sport expert mentors that will ensure you reach your desired fitness goals.

Our team of coaches will walk you through the content and experience sharing to enhance your skillset and put your first foot forward in the fitness, strength and conditioning world.

WHAT IS THE LANGUAGE, DURATION & MODE?

Course will be conducted in English and the duration is 6 days

Time taken will be 2 hours per day online via Zoom or Google Meet.

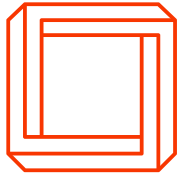
TOPICS COVERED

- Functional Anatomy And The Human Movement System
- Energy Systems
- Screening Protocol
- Fitness Components Required For Sports
- Periodization
- Recovery And Training
- Injury Prevention - Overview In To Different Aspects Of It
- Role Of Physiotherapist
- Performance Nutrition
- Ergogenic Aids And Supplementation

CERTIFICATION DETAILS



- Upon qualifying participants profile will be enrolled on the SportsKingdom booking system as a scorer subject to availability for assignments.
- Online sessions will be conducted by our expert panelists with wealth of experience in Scorer and training the scorer at the highest levels followed by self-study and online exam to get accredited by SportsKingdom.
- The cost of our **Strength & Conditioning Certification course is USD 83 all-inclusive** for the course including online sessions, course material, exam and certification.
- Course details and registration can be done on the following link:
www.sportskingdom.io/snc



**SPORTS
KINGDOM**



**SPORTS
DYNAMIX**

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