



# Youth Athletic Development



**Coordination training and body awareness is introduced at TEKTONIC during pre-adolescent ages while nervous system plasticity (the nervous system's ability to learn new skills easily) is high and movement habits have not yet been ingrained as permanent. Coordination is best developed between the ages of 7 to 14, with the most crucial period being between 10 to 13 years of age.**



- **Balance**
- **Rhythm**
- **Spatial Orientation**
- **Reaction Time to Visual & Auditory Stimulus**
- **Flexibility**
- **Strength**
- **Cardio Endurance**
- **Body Control**
- **Multi-Directional Movement**
- **Sports Education**
- **Nutrition**
- **First Aid**
- **Basic Anatomy**
- **Injury Prevention**

**Our athletes are trained to develop a variety of motor skills that ensure both future athletic success and injury prevention. The program involves a series of sessions that involve multi-tiered drill sequences that progress skills performed with good spatial awareness but with low speeds, to skills performed at increased speeds and in a constantly changing environment.**

**TEKTONIC's Youth Athletic Development Program is advised for youth athletes between the ages of 7 to 12. An Initial Athletic Assessment consisting of three one hour sessions is included in the program to identify barriers to performance and potential risk of injury. Findings are reviewed in a team conference with parents and the athlete and are the basis of the athlete's individualized performance program.**

**Our program follows recommended guidelines from the American Academy of Pediatrics.**

**Call today and make an appointment for a free consultation that includes a coordination and flexibility assessment.**

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