

# GABRIELE

FITNESS & PERFORMANCE



## The TOP 5 REASONS Female Athletes Should Train



*Pictured above is long time GFP Client Clayton Christus. Clayton was an All-State Field Hockey athlete and is on her way to play at Brown this Fall. Good luck Claddie.*

**TRIPLED** - Female High School Athletes participating in our Programs.

We always had a few trickle in and jump in with the boys but now we have entire groups of girls and I can assure you that they are "into it."

The response has been overwhelming--- the results so good--- that we are currently working on developing a Department for High School Female Strength and Conditioning.

In the past year we have worked with over 70 female athletes and that number continues to grow. While we are on the path to helping Female Strength and Conditioning become mainstream, there are scores of female athletes that will take the field this fall totally unprepared to play their sport.

More education is needed to assure female athletes, their parents, and their coaches that a sound Strength and Conditioning Program is essential to performance enhancement and injury prevention.

**Here are a few reasons why female athletes need to train.**

### **1. They are athletes and athletes not only practice, they TRAIN!**

Sports place demands on the body that require preparation. Regardless of gender, athletes that are playing a sport--- whether it be high school, college or pro--- need to take time outside of their sport and prepare the body for action.

You will not find one Female College Team that does not spend time with their Strength and Conditioning Coach. High School should be no different.

There is no excuse for a High School Female Athlete not to train. It is a simple fact that a stronger, better conditioned athlete gets injured less often and performs better on the field.

**[Click here to see how Girls should train for their sports.](#)**

### **2. Hormonal Issues**

Because of hormonal differences, women produce less testosterone than men. This simply means that while boys are going through puberty they gain free muscle and strength - girls get much less.

This means that a boy could still pack on 20 pounds of muscle and improve his strength tremendously, even if he did not lift weights at all during his high school career.

This will not happen to a female and for this reason alone, girls need to be in the weight room even more than boys. In our experience, girls have better movement skills and boys are stronger.

Boys should spend more time on coordination and movement, while girls need to focus more on strengthening their bodies. Yet, it has been the other way around.



*Pioneer Superstar Cassandra Squeri shows some great deceleration mechanics. Cassandra trains year round sets the standard for consistency and intensity.*

### **3. ACL Injuries**

Female athletes are *6 times more likely to tear their ACL* than male athletes.

I have been fortunate to present on this topic with Dr. John Hurley, noted Orthopedist and we have consulted with many local area High School Teams on this topic.

Most notable reasons: hormonal differences, increased Q angle, and lack of training.

The good news is that with the proper Strength and Conditioning Program, the ACL risk to a female athlete can be greatly reduced.

[Click here to see our ACL Prevention Clinic Video](#)

### **4. Opportunities**

Female athletes get the short end of the stick when it comes to opportunities for performance training. Many of the male sports have organized strength and conditioning programs at the school.

This is seldom offered to female athletes and if it is, it usually consists of a long distance running program and waving around the 2 lb pink dumbbells - two methods that do very little to improve performance in sports like: Field Hockey, Lacrosse, Tennis, Soccer, Basketball, Volleyball, Softball and Track and Field.

We train female athletes from all of these sports and the differences we see when they commit to our program are incredible.

## 5. Instant Results

Because most female athletes come to us with a very low fitness level, they almost always very quickly improve in every athletic quality: Strength, Speed, Agility, Power and Endurance.

This alone should drive females into the gym because in only a short time they will improve their fitness level and prevent injury.

**The bottom line** is that female athletes need to get used to lifting weights, running sprints, doing agility work and getting in condition, outside of their sport specific training.

We believe Strength and Conditioning for Female Athletes will soon be mainstream. It is our goal to help it get there.

[If your daughter plays a sport, contact us to learn more about what we do and why it works.](#)

Have a great week,

Vince

### **Gabriele Fitness and Performance**

20 Locust Avenue

Berkeley Heights NJ 07922

**908-464-4441**

[info@gabrielefitness.com](mailto:info@gabrielefitness.com)

[www.gabrielefitness.com](http://www.gabrielefitness.com)