

Youth PHIT Overview

Youth PHIT, focuses **exclusively** on youth providing programs and services for augmenting physical education classes and youth sports. Created with parents and Virginia PE SOLs in mind, this fun yet challenging venue helps to develop the framework for a lifetime of personal fitness and helps ensure the recommended daily physical activity. Our target client profiles include, but are not limited to:

- Inactive – no team sports, undeveloped (latent) interest, fear of the gym, no perceived access to an age appropriate “fitness coach”
- Active Interest – those desiring to learn or pursue higher levels of exercise and strength training
- Introductory athletic conditioning - in lieu of or as a pre-requisite to advanced sports performance clinics

Our clients’ personal goals – general fitness or sports – determine the makeup of the **age appropriate**

fitness, conditioning, and training services and programs we provide. These are delivered through group after-school programs and personalized individual training sessions.



Staff

Dave “Coach K” Kamienski has spent the last 10 years teaching and coaching kids from Pre-K through High School in a number of different settings including Sunday School, substitute teaching, and youth sports. He is a NSPA Certified Personal Trainer, and is pursuing continuing education in exercise physiology, athletic conditioning, and coaching.

Our Mission

Youth PHIT exists to encourage and enable **health-enhancing levels of personal fitness** and **physically active lifestyles** in pre-adolescent kids, teens, and young adults through various fitness, conditioning, and personal training programs.

Youth PHIT believes that exercise, fitness, and athletics are all means, not the ends, for enriching both our children’s lives and as well as our own. Based on this principle, Youth PHIT further seeks to develop foundational life disciplines such as **Focus, Self-Discipline, Perseverance, and Character** by incorporating the teaching of life lessons as opportunities arise.

Youth PHIT currently serves Western and Central Loudoun County, Virginia and partners with Loudoun County Public School physical education professionals, Loudoun Soccer, Parks & Recreation, and other organizations committed to promoting health and fitness for our children.

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*Youth
Fitness &
Conditioning*



What's Your Goal?

Be it an athletic goal, personal fitness, or seasonal event, exercise and fitness is most



effective when there is a goal. The goal becomes the blueprint for defining the program and the subsequent motivator. Additionally, it defines the criteria for measurement of progress.

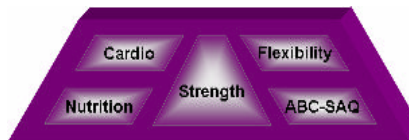
For our children, Youth PHIT has identified a number of general goals for which we offer predefined exercise and fitness programs. Examples include, but are not limited to:

- Achieve Presidential Physical Fitness Award level
- Improve basic locomotor and non-locomotor skills
- Weight-loss (with improved daily energy levels)
- Physical activity to replace team sports or other kids program
- Improve academic performance
- Safe introduction to strength training
- Intermediate and advanced goals needing a fitness coach
- Make the Varsity or JV team
- Off-season and pre-season athletic conditioning

For other client specific goals, programs may be customized or individual personal training may be utilized. The amount of each fitness area – discussed next - can be altered as needed to achieve the desired goal. Much like medicine prescriptions address specific biological or physical conditions, Youth PHIT can create goal-based “fitness prescriptions.”

Fitness Focus Areas

The primary components of a well-balanced fitness regimen



include strength, cardiovascular, and flexibility combined with a balanced and healthy eating plan (Fad diets not required!).

- Strength – improve muscle endurance and strength through a variety of resistance training methods (machines, free weights, core, cables)
- Cardio-Vascular (CV) – sometimes called the energy or endurance component; improve functionality of the heart and lungs thru aerobic training; athletic conditioning includes anaerobic training
- Flexibility (Stretching) - optimize range of motion in joints, strengthen ligaments and tendons; promotes body awareness, injury prevention, and better body symmetry
- Proper Nutrition – educate on healthy eating; daily energy improvements, weight-loss, fueling to improve performance in athletic and fitness outings
- Body Awareness/Balance/Coordination (ABC) – improvements in primarily non-locomotor skills foundational to everything else
- Speed/Agility/Quickness (SAQ) – introductory training for recreational athletes looking to improve their running and foot skills (base locomotor skills and more advanced body fitness)

Our approach promotes functional fitness and focuses on the often overlooked areas of core training, protecting the lower back, and injury prevention.

Our strength training utilizes High Intensity Training, which is the safest, most effective, and time efficient methodology.

Conditioning The Whole Person

Beyond just the physical body, Youth PHIT desires to assist our clients in developing a strong foundation of transferable life skills.



Qualities and skills such as **Focus, Self-Discipline, Perseverance, and Character** taught through physical activity may often times be effectively linked to other areas of life via integrated life-lessons.

Program Templates

PHIT Individual - Individual Personal Training sessions for **all** ages; discounts available for exercise partners or trios

PHIT Foundation (Pre-Puberty) – 4th–7th grades

PHIT Teen (Post-Puberty) - 8th–10th grades

PHIT Young Adult – 11th grade thru college

Personal Training & Group Program Schedules

Please check our Web site for information on current programs, locations, schedules, and fees, or contact us for more information.

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