



## Youth Athlete Development

### CONTACT

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The SSISA Youth Athlete Development program focuses on a scientific approach and intervention to assist school athletes in improving their current levels of performance and reach their sport-specific goals. Teams and individuals can select a range of services according to their needs. Our teacher wellness programs are added to our new range of offerings



The Sports Science Institute of South Africa (SSISA) exists to optimize the sporting performance and health of all South Africans through the execution, application, and dissemination of science.

Since 1995, the Sports Science Institute of South Africa, in collaboration with UCT's Division of Exercise Science and Sports Medicine, has been a game-changer in sports performance, sports injury prevention, and promoting healthy living. We have optimized performance, transformed lives, changed practice, and provided evidence to inform policy and advocate physical activity and sports participation for all South Africans.

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Our goal is to positively impact lives and to make our services, interventions and expertise accessible to all South Africa.



# SSISA YOUTH ATHLETE DEVELOPMENT PROGRAM

The SSISA Sports Performance Centre focuses on a scientific approach and intervention to assist teachers and athletes in improving their current levels of performance and improve their health and wellbeing. Teams and individuals can select a range of services according to their needs. These services include, amongst others:

- World Class High Performance Facility
- Sports Science Expertise
- Research Advancement
- Teacher consulting and monitoring
- Recovery/Relaxation Services
- Supplementary Clinical Services
- Strategic Partnerships

Our Youth Athlete Development program is designed to bring out the best in you, as an individual, striving for a personal best or as a coach, guiding you to a healthier lifestyle.



# YOUTH ATHLETE DEVELOPMENT SEGMENTS

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## **School Athletes**

Full service high performance consulting, monitoring and facilitation to ensure goal orientated results.



## **Teacher wellness**

Implementation of long term strategic ways to improve teacher health by reducing stress, preventing burnout, and improving physical fitness through structured wellness programs tailored to the school environment.



## **School events**

We host engaging school wellness events such as staff wellness days, health screenings, stress management workshops, and on-site fitness sessions to improve overall health and morale.



## **Partnerships and Pathways**

We open the pathway to further studies for all school leaving learners and possible future careers at SSISA.

# Schools

## Development Plan

Performance Plan, Athlete Development, Technical Staff Development

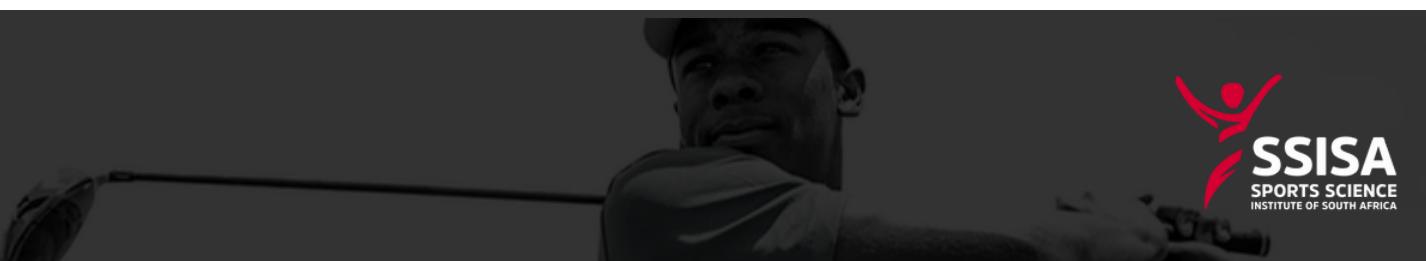


**SSISA**

**Sports Science Expertise**

Full service High Performance  
Centre of Excellence

| Product                                      | Notes  |
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| Athlete performance assessments and training | World class high performance training facility including biomechanics lab, 3D STYKU assessments and VO2MAX and Lactate threshold testing to reach peak performance.                    |
| Teacher wellness                             | We offer school wellness days that include health screenings, stress management workshops, and group fitness sessions to support the physical and mental health of teachers and staff. |
| Clinical services                            | Including dietetics, sports psychology, general practitioners, radiology and other services.   |
| Fun days & School events                     | Our school fun days combine exciting fitness games and wellness activities to get learners and staff active and engaged.   |
| Research and pathways                        | Opportunity to study at a world class facility learning the skills to coach and manage athletes at the highest level.  |





**YOUTH  
ATHLETE  
DEVELOPMENT**