

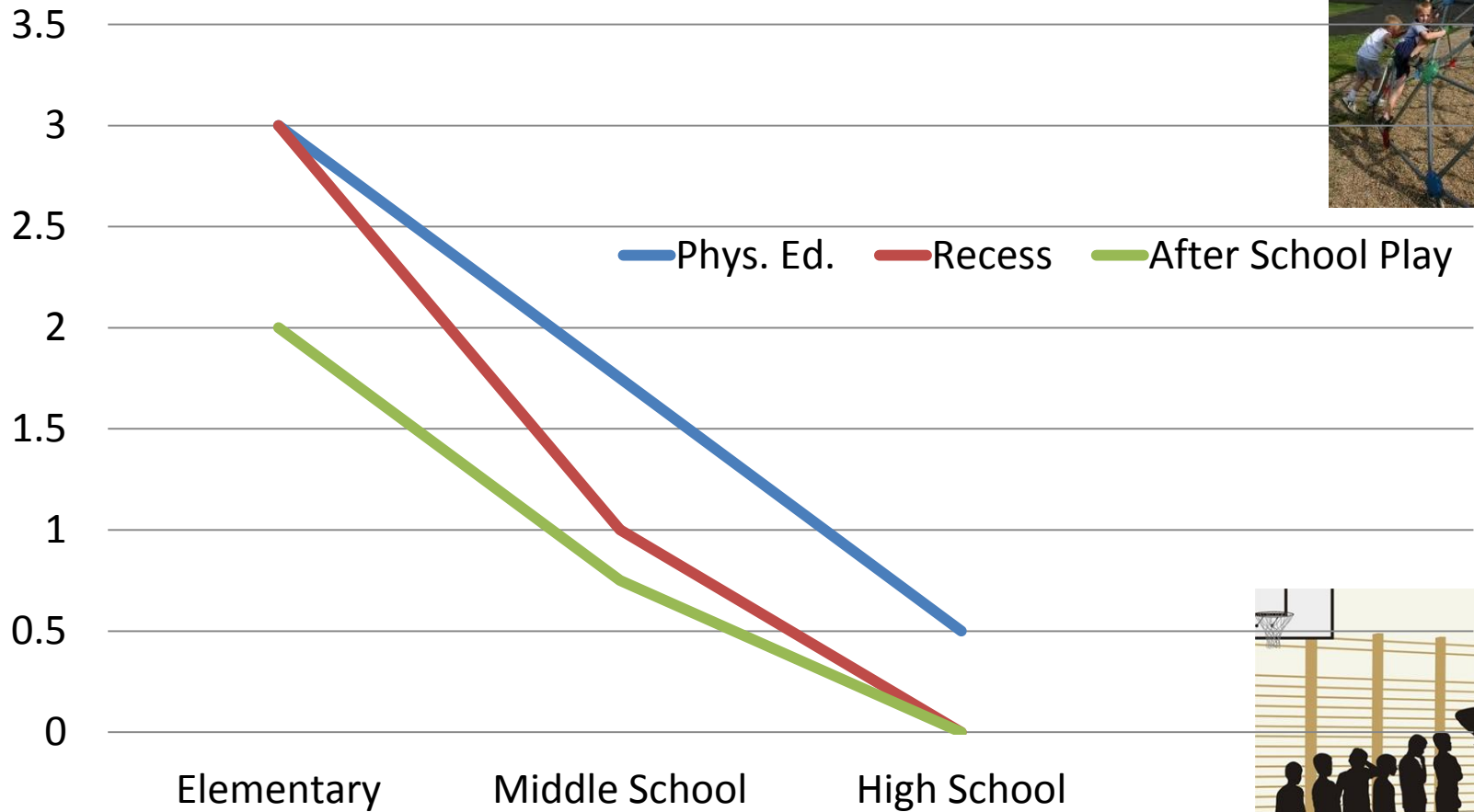
Deterioration Facts

Social, Economical, Political.....

- 👁 1 in 4 children get no physical education in school. Illinois is the only state that requires daily Phys. Ed. for all children K-12.
- 👁 The avg. 6-11 year old watches 25 hours of TV per week, not including computers and video games!!
- 👁 The incidence of childhood obesity and/or diabetes has doubled in the last $\frac{1}{4}$ century.

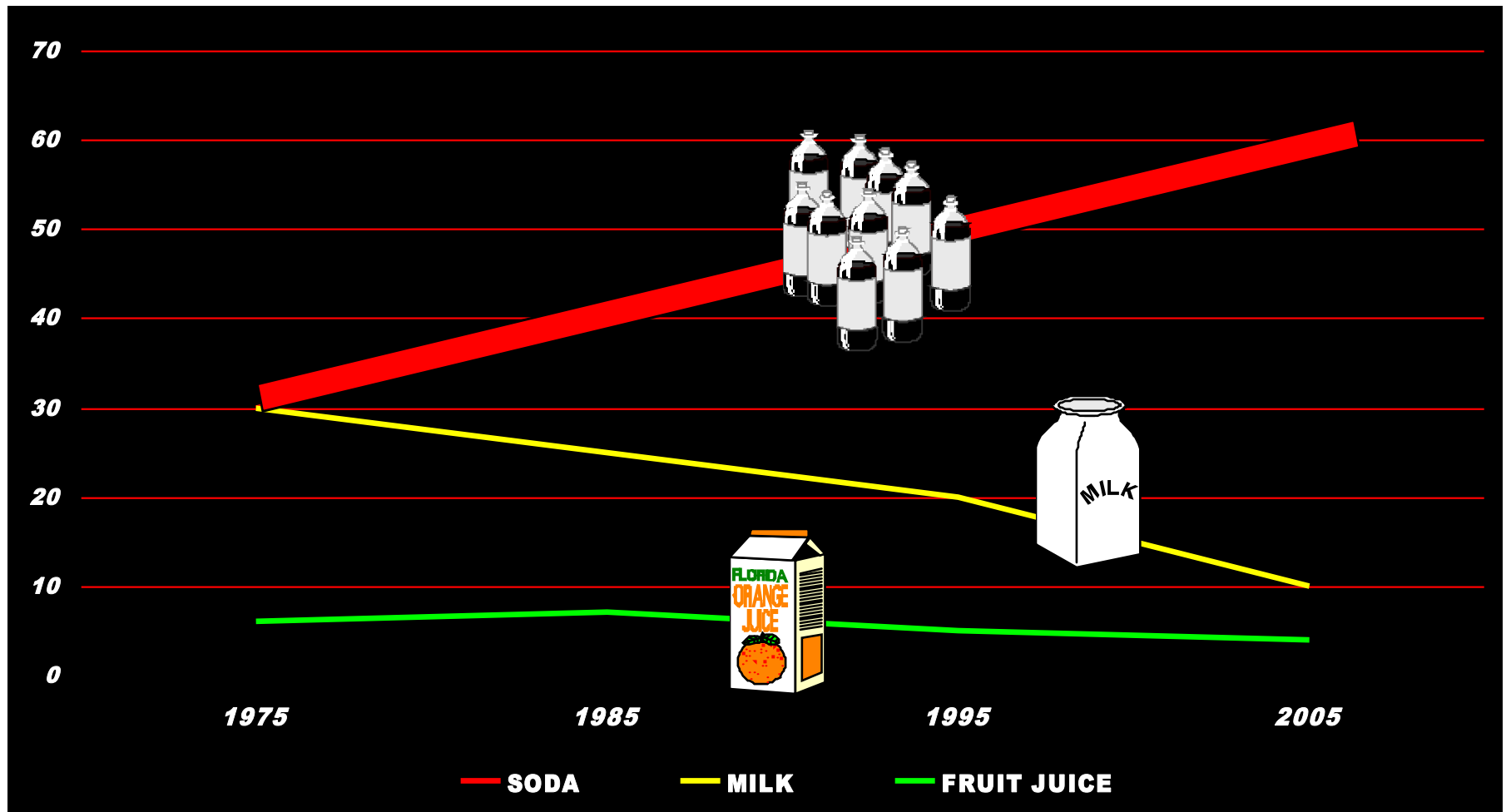
External Development

Weekly Hours of Participation



INTERNAL DEVELOPMENT

Gallons per year consumed (PER person)



Musculo-Skeletal Health 101

💣 Low Percentage of Athletic Readiness

- 💣 Hip Mobility
- 💣 Stable Base of Torso Structuring
- 💣 Knowledge of Movement Mechanics
- 💣 Lean Body Mass (this % is decreasing each year)
- 💣 Foot, ankle, knee, and hip integrity

💣 High Percentage Factors

- 💣 More sedentary lifestyle.
- 💣 Poorer Nutrition
- 💣 Improper running (especially foot/ankle mechanics)
- 💣 Lesser physical education and torso structuring
 - 💣 “Children climb less trees”
- 💣 High Competitive age versus infantile training age

**In-coming
Collegiate Athletes
and Pre-disposition!**

**In-coming High
School Athletes and
Pre-disposition?**

We must be prepared to teach, train, and develop, not from scratch, but sometimes from a point behind zero training level. Not to train, but often to retrain!