

The Optimum Performance Pyramid



As a society, we gauge success by wins and losses. Our work off the field will be a determining factor in our success or failure. At Hunterdon Central our focus is to establish an Optimum Performance Pyramid for our athletes, to insure maximum efficiency and success in our sports.

Step one on the pyramid is Functional Movement. It is our foundation of sport. It represents the ability of our bodies to move through functional patterns such as squatting, stepping and lunging. In order for these patterns to be developed properly, joint stability and mobility, balance and flexibility must be improved. All of our warm-up progressions and lifts enhance or improve these core movement values.

The **second step** on the pyramid represents Functional Performance, which is the movement patterns from the first step, performed efficiently with power. The actions in the second step can be measured by testing or overall performance gains in everyday training sessions. Strength, power, speed and agility can all be assessed in specific time periods throughout the year. Our program looks to enhance each of these components through periodization techniques in 4 to 8 week blocks.

The **final step** of the pyramid represents Functional Skill. In sports this represents specific sport skills. As we approach our seasons, the concentration on these skills should be much higher.

The Functional Pyramid is only a guidance system to insure our athletes are ready for their subsequent sport. Concentration in one area can lead to an over or under-powered, or over or under-skilled athlete. In any case, the power and skill cannot outweigh the movement patterns of each individual. Developing a balanced program is paramount and our number one goal in the Central Strength & Conditioning Program.