



## Youth Programme Body Metrics Assessments

The Evolve Youth Programmes including: All Stars; Build Lifting Club; Miss Fits Junior Lifting Club; Miss Fits Senior Lifting Club; and the Evolve Personal programmes, all offer Body Metric Assessments for all participants.

*What do we measure?*

Standing height; Seated height; and Body Weight.

*How often do we measure?*

Once a month, we aim to do this in the first week of each month.

*Why do we measure?*

### INJURY PREVENTION

We use the data to check Peak Height Velocity and predicted adult height. Peak Height Velocity or PHV is the point at which an adolescent is growing in height at the fastest point. PHV can indicate a period of a higher risk of injury. We can also identify growth spurts along the way which can also indicate a higher risk of injury.

### STRENGTH GOALS

Once an athlete passes our Development stage, and have great foundation movement skills they move into our Growth stage where the focus changes to strength goals. These strength goals are set and tracked in relation to an individual's body weight.

### OVER TRAINING

Any sudden drops in weight may indicate over training this can particularly be the case in girls so tracking body metrics helps us to keep an eye out for that as well.

*Opting out*

We know tracking body metrics for some can be a sensitive issue for some and we are particularly mindful of that when we take measurements. While we would like to take these measurements for every participant it is for this reason that we offer the option to opt out of this service.