

References

- Afonzo, J., J. Olivares-Jabalera, and R. Andrade. 2021. Time to move from mandatory stretching? We need to differentiate “Can I?” from “Do I have to?” *Frontiers in Physiology*. <https://www.frontiersin.org/articles/10.3389/fphys.2021.714166/full>
- Alaranta, H., H. Hurri, M. Heliovaara, A. Soukka, and R. Harju. 1994. Flexibility of the spine: Normative values of goniometric and tape measurements. *Scand. J. Rehab. Med.* 26:147-54.
- American Heart Association. 2018. Recommendations for Physical Activity in Kids Infographic. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-kids-infographic>.
- Aoyagi, M.W., A.B. Cohen, A. Poczwadowski, J.N. Metzler, and T. Statler. 2018. Models of performance excellence: Four approaches to sport psychology consulting, *J. Sport Psychol. in Action* 9(2): 94-110. .
- Avalos, M, P. Hellard, and J.C. Chatard. 2003. Modeling the training–performance relationships using a mixed model in elite swimmers. *Med Sci. Sports Exerc.* 35(5): 838-46.
- Bacil, E.D.A, O. Mazzardo, Jr., C.R. Rech, R.F. Legnani, and W. de Campos. 2015. Physical activity and biological maturation: A systematic review. *Rev. Paul. Pediatr.* 33(1): 114-21.
- Baker, J. 2003. Early specialization in youth: A requirement for adult expertise. *High Ability Studies*, 14(1): 85-94.
- Bangsbo, J., M. Mohr, and I.P. Krstrup. 2006. Physical and metabolic demand of training and match-play in elite football players. *J. Sports Sc.* 24(7): 665-74.
- Bangsbo, J., F.M. Iaia, and P. Krstrup. 2007. Metabolic response and fatigue in soccer. *Int. J. Sports Physiol. Perform.* 2(2): 111-27.
- Behm, D.G., A.D. Faigebaum., B. Falk, and P. Klentrou. 2008. Canadian Society for Exercise Physiology position paper: Resistance training in children and adolescence. *Appl. Physiol. Nutr. Metab.* 33(3): 547-61.
- Behm, D.G., J.D. Young., and J.D. Whitten. 2017. Effectiveness of traditional strength vs. power training on muscle strength, power, and speed in youth: A systematic review and meta-analysis. *Front. Physiol.* 8: 423.
- Behringer, M.A, A. Vom Heede., M. Mathews., and J. Mester. 2011. Effects of strength training on motor performance skills in children and adolescence: A meta-analysis. *Pediatr. Exerc. Sci.* 23: 186-206.
- Beliard, S, M. Chauvreau, T. Moscatiello, F. Cros, F. Ecarnot, and F. Becker. 2015. Compression garments and exercise: No influence of pressure applied. *J. Sports Sci. Med.* 14(1): 75-83.
- Bell, R.D., L. DiStefano, N.K. Pandya, and T.A. McGuine. 2019. The public health consequences of sports specialization. *J. Athl. Train.* 54(10): 1013-20.
- Benton, D., A. Maconie, and C. Williams. 2007. The influence of the glycaemic load of breakfast on the behaviour of children in school. *Physiol . Behav.* 92(4): 717-24.
- Blackhurst, N.R., J.C. Peterson, V.W. Herzog, and E.P Zimmerman. 2015. A comparison of static stretching versus combined static and ballistic stretching in active knee range of motion. *Internet J. Allied Health Sci. Pract.* 10: 20.
- Boisseau, N., M.Vermorel, M. Rance, P. Duché, and P. Patureau-Mirand. 2007. Protein requirements in male adolescent soccer players. *Eur. J. Appl. Physiol.* 100(1): 27-33.
- Bompa, T.O. 2006. *Total training for coaching team sports: A Self-Help Guide*. Toronto: Sport Books.
- Bompa, T.O. 1993. *Periodization of strength: The new wave in strength training*. Toronto: Veritas.
- Bompa T. and G.G. Haff. 2009. *Periodization: Theory and methodology of training*. Champaign, IL: Human Kinetics.
- Bompa, T.O. and C. Francis. 1995. Force-time analysis of Canadian sprinters. Unpublished data. Toronto: York University.
- Bompa, T.O. and M. Carrera. 2015. *Conditioning young athletes*. Champaign, IL: Human Kinetics.
- Bompa T.O. and C. Buzzichelli. 2021. *Periodization of strength training for sports*. Champaign, IL: Human Kinetics.
- Bowman, S.A., S.L. Gortmaker, C.B. Ebbeling, M.A. Pereira, and D.S. Ludwig. 2004. Effects of fast-food consumption on energy intake and diet quality among children in a national household survey. *Pediatrics* 113(1): 112-18.
- Branta, C.F. 2010. Sport specialization. *J Phys. Educ. Rec. Dance* 81(8): 19-28.
- Bray, G.A., S.J. Nielsen, and B.M. Popkin. 2004. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. *Am. J. Clin. Nutr.* 79(4): 537-43.
- Brenner, J.S. and the Council of Sports Medicine and Fitness. 2016. Sports specialization and intensive training in young athletes. *Pediatrics*, 138(3): 2016-2148.
- Cain, D.J., J. Difiori, and N. Mafulli. 2006. Physical injuries in children and youth sports: Reason for concern? *Br. J. Sport Med.* 40:749-760.

- Cain, D.J. and N. Maffulli. 2005. Epidemiology of children's individual sports injuries. *Med. Sports Sci.* 48: 1-7.
- Canadian Hockey Association. 1993. Ottawa, Ontario.
- Capranica, L. and M.L. Millard-Stafford. 2011. Youth sport specialization: How to manage competition and training? *Int. J. Sports Physiol. Perform.* 6(4): 572-579.
- Carling, C, J. Bloomfield, L. Nelsen, and T. Reilly. 2008. The role of motion analysis in elite soccer: Contemporary performance measurement techniques and work rate data. *Sports Med.* 38(10): 839-862.
- Cattelan M, C. Varin, and D. Firth. 2013. Dynamic Bradley-Terry modelling of sports tournaments. *J. R. Stat. Soc. Series C* 62(1): 135-150.
- Centers for Nutrition Disease Control and Prevention (CDC). 2015. 24/7: Saving Lives, Protecting People. Guidelines & Recommendations. Last reviewed November 27, 2017. <https://www.cdc.gov/cdctv/emergencypreparednessandresponse/cdc-24-7-transcript.html>
- Clark, K.P. and P.G. Weyand. 2014. Are running speeds maximized with simple-spring stance mechanics? *J. Appl. Physiol.* 117(6): 604-615.
- Clarkson P.M. and M.J. Hubal. 2002. Exercise-induced muscle damage in humans. *Am. J. Phys. Med. Rehabil.* 81(Suppl 11): S52-69.
- Colomer, C.M.E., D.B. Payne, M., Mooney, A. McKune, and B.G. Serpell. 2020. Performance analysis in rugby union: A critical systematic review. *Sports Med.* 6(1): 4.
- Colyer S.L., R. Nagahara, Y. Takai, and A.I.T. Salo. 2018. How sprinters accelerate beyond the velocity plateau of soccer players: Waveform analysis of ground reaction forces. *Scand. J. Med. Sci. Sports.* 28(12): 2527-35.
- Crane, J. and V. Temple. 2015. A systematic review of dropout from organized sport among children and youth. *Eur Phy Educ Rev.* 21(1): 114-131. <https://doi.org/10.1177%2F1356336X14555294>
- Cushion, C. 2007. Modelling the complexity of the coaching process. *Int J. Sports Sci. Coach.* 2(4): 395-401.
- Cyrenne, P. 2009. Modelling professional sports leagues: An industrial organization approach. *Rev. Ind. Org.* 34: 193-215.
- Dahab, K., and T. McCambridge. 2009. Strength training in children and adolescence: Raising the bar for young athletes? *Sports Health* 1(3): 223-26.
- Daniels, S.R., D.K. Arnett, R.H. Eckel, H. Robert, S.S. Gidding, S. Samuel, L.L. Hayman, S. Kumanika, L.L. Shiriki, T.N. Robinson, B.J.
- Scott, S. St. Jeor, and C.L. Williams. 2002. Overweight in children and adolescents: Pathophysiology, consequences, prevention, and treatment. *J. Am. Med. Assoc.* 288(14): 1728-32.
- Dasuri, K., L. Zhang, and J.N. Keller. 2013. Oxidative stress, neurodegeneration, and the balance of protein degradation and protein synthesis. *Free Radic. Biol. Med.* 62: 170-85.
- Dolci, F., H.H. Hart, A.E. Kilding, P. Chivers, and B. Piggott. 2020. Physical and energy demand of soccer: A brief review. *Strength and Cond J.* 42(3): 70-77.
- Dorn T. W, AG., Schache , M G Pandy. 2012. Muscular strategy shift in human running: Dependence of running speed and angle muscle performance. *J Exp Biol.* June 1; 215(Pt 13): 1944-56.
- Dorn T.W., A.G Schache, M. G. Pandy. 2012. What muscles are moving us while we run? Updated: Dec 8 2019. *J Exp Biol.* 215: 1944-56.
- Douglas A., K. Johnston, M.A. Rotondi, V.K. Jamnik, and A.C. Macpherson. 2019. On-ice measures of external load in relation to match output in elite female ice hockey. *Sports* 7(7): 173.
- Duarte, R., B. Escofier, M. Rumpf, and J. Wiemeyer. 2016. Modeling and simulation of sport games, sport movement and adaptation to training. Report from *Dagstuhl Seminar* 5(9):38-56.
- Duffey, K.J., and B.M. Popkin. 2008. High fructose corn syrup. Is this what's for dinner? *Am. J. Clin. Nutr.* 88: 1722S-1732S.
- Eime, R.M., J.A. Young, J.T. Harvey, M.J. Charity, and W.R. Payne. 2013. A systematic review of the psychological and social benefits of participation in sports for children and adolescence: Informing development of a conceptual model of health through sport. *Int J Behav Nutr Phys Act.* <https://doi.org/10.1186/1479-5868-10-98>.
- Ekblom, B. 1986. Applied physiology of soccer. *Sports Med.* 3(1):50-60.
- Ekstrand, J. 2021. UEFA Medical Committee Annual Report. https://editorial.uefa.com/resources/0275-151e15e03052-f1013331ca02-1000/uefaannualreport202021_englr_1_.pdf
- Eliassen, W., A.H. Saeterbakken, and R. van den Tillart. 2018. Comparison of bilateral and unilateral kinematics and muscle activation. *Int. J. Sports Phys. Ther.* 13(5): 871-81.
- Engel, F.A., C. Stockinger, A. Woll, and B. Sperlich. 2016. "Effects of compression garments on performance and recovery in endurance athletes." In *Compression garments in sports: Athletic performance and recovery*, edited by F. Engel and B. Sperlich, 33-61. Switzerland: Springer International Publishing.

- Enoka, R.M. 2015. *Neuromechanics of human movement*. 5th ed. Champaign, IL: Human Kinetics.
- Erčulj, F. 1997. Comparison of various criteria of playing performance in basketball. *Kinesiology* 29 (10): 45-51.
- Fabricant, P.D., N. Lokomkin, D. Sugimoto, F.A. Tepolt, A. Straccioloni, and M.S. Kocher. 2016. Youth sports specialization and musculoskeletal injuries: A systematic review of the literature. *Phys. Sportsmed.* 44(3): 257-62.
- Faigenbaum A.D., W.J. Kraemer, C.J. Blimkie, J. Jeffreys, L.J. Micheli, M. Nikta, and T.W. Rowland. 2009. Youth resistance training: Updated position statement paper from the National Strength and Conditioning association. *J. Strength Cond. R J. Strength Cond. Res.* 23(5 Suppl): S60-79.
- Fair, R. 2017. The steep economics cost of contact sports injuries. PBS News Hour. Last modified October 20, 2017. <https://www.pbs.org/newshour/economy/making-sense/the-steep-economic-cost-of-contact-sports-injuries>.
- Feeley, B.T, J. Agel, and R.F. LaPrade. 2016. When is too early for single sport specialization? *Am. J. Sports Med.* 44 (1): 234-41.
- Fox, E. 1984. *Sports physiology*. 2nd ed. New York: Saunders College.
- Gidding S., B. Dennison, L. Birch, S. Daniels, M. Gilman, A. Lichtenstein, R.T. Rattay, J. Steinberger, N. Stetter, and L. Van Horn. 2005. American Heart Association scientific statement: Dietary recommendations for children and adolescents. A guide for practitioners: Consensus statement from the American Heart Association. *Circulation* 112: 2061-75.
- Granacher, U. and R Borde. 2017. Effects of sport-specific training during the early stages of long-term athlete development on physical fitness, body composition, cognitive, and academic performances. *Front. Physiol.* 8: 810.
- Gustavsson, H, J.D. DeFreese, and D.J. Madigan. 2017. Athlete burnout: Review and Recommendations. *Curr. Opin. Psychol.* 16: 109-13.
- Halberg, N., M. Henriksen, N. Söderhamn, B. Stallknecht, T. Ploug, P. Schjerling, and F. Dela. 2005. Effect of intermittent fasting and refeeding on insulin action in healthy men. *J. Appl. Physiol.* 99: 2128-2136.
- Harre, D. 1982. *Trainingslehre (Learn About Training)*. Berlin: Sportverlag. Health Day News, Oct. 10, 2019.
- HealthDay News. 2019. *World Mental Health Day*. Oct. 10, 2019
- Heitner, D. 2015. SportsMoney: Sports industry to reach \$73.5 billion by 2019. *Forbes*, October 19, 2015.
- Hemner, S.R., A. Seth, and S.L. Delp. 2010. Muscle contribution to propulsion and support during running. *J. Biomech.* 43(14): 2709-16.
- Hensley, L. 2019. If you stop exercising here is how quickly you'll lose strength. *Global News*. July 20, 2019. <https://globalnews.ca/news/5653575/how-long-does-it-take-to-lose-muscle-mass/>
- Herbert, R.D. and M. Gabriel. 2002. Effects of stretching before and after exercising on muscle soreness and risk of injury: A systematic review. *Br. Med. J.* 325:468-70.
- Holt, N.C. and C. Neely. 2011. Positive youth development through sport: A review. *Ibero-American Journal of Exercise and Sports Psychology* 6(2):299-316.
- Horníková H., E. Zemková. 2021. Relationship between physical factors and change of direction speed in team sports. *Appl Sci.* 11(2): 665. <https://doi.org/10.3390/app11020655>
- Horsfield, I. 2015. Arsenal plot £45m bid for Manchester United and Chelsea target Isco. May 13, 2015. <https://www.express.co.uk/sport/football/576966/Arsenal-preparing-45m-bid-Manchester-United-Chelsea-Isco>
- Horsfield, J. 2015. Football coaching manual. London, United Kingdom.
- Huxley, A.F. and R. Niedergerke. 1954. Structural changes in muscle during contraction; interference microscopy of living muscle fibers. *Nature.* 173 (4412):971-3.
- Ingraham, S.J. 2003. The role of flexibility in injury prevention and athletic performance: Have we stretched the truth? *Minnesota Med.* 86(5): 58-61.
- Janssen, I. and A.G. LeBlanc. 2010. Systematic review of health benefits of physical activity and fitness in school-aged children and youth. *Int. J. Behav. Nutr. Phys. Act.* 7(40): 1-16. doi:10.1201/b 18227-14
- Jayanthi, N.A., E.G. Post, T.C. Laury, and P.D. Fabricant. 2019. Health consequences of youth sports specialization. *Athl. Train* 54(10): 1040-49.
- Johns Hopkins Medicine. 2022. Sports safety. Position paper. The John Hopkins University.
- Karli, U., A. Guvenc, A. Aslan, T. Hazir., and C. Acikada. 2007. Influence of Ramadan fasting on anaerobic performance and recovery following short time high intensity exercise. *J. Sports Sci. Med.* 6(4): 490-97.
- Kavey, R.E., S.R. Daniels, R.M Lauer, D.L. Atkins, L.L. Hayman, and K. Taubert. 2003. American Heart Association guidelines for primary prevention of atherosclerotic cardiovascular disease beginning in childhood. *Circulation* 107(11): 1562-1566.
- Kimmons, J.C., J. Seymour, M. Serdula, and H.M. Blanck. 2009. Fruit and vegetable intake among adolescents and adults in the United States: Percentage meeting individualised recommendations. *Medscape J. Med.* 11(1): 26.

- Kohl, H.W. III and H.D. Cook, eds. 2013. *Educating the student body: Taking physical activity and physical education to school*. Washington, D.C.: National Academic Press.
- Krasilshchikov, O. 2014. Multilateral training: Re-examining the concept practically. *Malaysian J of Sports Science and Recreation*. 10(1): 1-15.
- Krissansen, G. 2007. Emerging health properties of whey protein and their clinical implementations. *J. Am. Coll. Nutr.* 26 (6):7135-7235.
- Kumar, C.K.K. and S. Chakrabarty. 2010. A comparative study of static stretching versus ballistic stretching on the flexibility of the hamstring muscles of athletes. *Br. J. Sports Med.* 44: i16.
- Laffaye, G. and P. Wagner. 2013. Eccentric rate of force development determines jumping performance. *Computer methods in Biomechanics and biomechanical engineering* 16(1): 82-83.
- Law, B, P. Post, and P. McCullagh. 2017. Modeling in sport and performance. *Psychology*. <https://doi.org/10.1093/acrefore/9780190236557.013.159>
- Lim, S., J.M. Zoellner, J.M. Lee, B.A. Burt, A.M. Sandretto, W. Sohn, A.I. Ismail, and J.M. Lepkowski. 2009. Obesity and sugar-sweetened beverages in African-American preschool children: A longitudinal study. *Obesity* 17(6):1262-68.
- LoDolce, M.E., J.L. Harris, and M.B. Schwartz. 2013. Sugar as part of a balanced breakfast? What cereal advertisements teach children about healthy eating. *J. Health Commun.* 18(11): 1293-1309.
- Luc, T., I. Mujika, and T. Busso. 2009. Computer simulations assessing the potential performance benefit of a final increase in training during pre-event taper. *J. Strength Cond. Res.* 23(6): 1729-36.
- Manchado C., J. Pers, F. Navarro., A. Han., E. Sung., and P. Platen. 2013. Time-motion analysis in women's team handball: Importance of aerobic performance. *J. Hum. Sport Exerc.* 8(2): 376-390.
- McCambridge, T.M., and P.R. Striker. 2008. Strength training by children and adolescence. American Academy of Pediatrics Council and Fitness. *Pediatrics* 121(4): 835-40.
- McArdle W.D., E.I Katch, and V.L. Katch. 2007. *Exercise physiology: Energy, nutrition, & human performance*. 6th Ed. Baltimore: Lippincott Williams & Wilkins.
- McInnis, S.E., C.J. Jones., and M.J. McKenna. 1995. The physiological load on basketball players during competition. *J. Sports Sci.* 13: 387-97.
- Merkel, D.L. 2013. Youth sport: Positive and negative impact on young athletes. *J. Sports Med.* 4: 152-260.
- Mero A., P.V. Komi, and R.I. Gregor. Biomechanics of sprint running. *Sports Med.* 13: 376-92.
- Meyers R.W., S. Moeskops, J.I. Oliver, M.G. Hughes, J.B. Cronin, and R.S. Lloyd. 2019. Lower-limb stiffness and maximal sprint speed in 11-16 year-old boys. *J Str Cond Research* 33(7): 1987-1995.
- Miller P.E., R.A. McKinnon, S.M. Krebs-Smith, A.F. Subar, J. Chriqui, L. Kahle, and J. Reedy. 2013. Sugar-sweetened beverage consumption in the U.S.: Novel assessment methodology. *Am. J. Prev. Med.* 45(4): 416-21.
- Morgan, R.E. 2013. Does consumption of high-fructose corn syrup beverages cause obesity in children? *Pediatr. Obes.* 8(4): 249-54.
- Morin, J.B., P. Gimenez, P. Edouard, and P.J. Arnal. 2015. Sprint acceleration mechanics: The major role of hamstrings in horizontal force production. *Front. Physiol.* 6: 404.
- Mostafavifar, A.M., T.M. Best, and G.D. Myer. 2013. Early sport specialisation, does it lead to long-term problems? *Br. J. Sports Med.* 47(17):1060-61.
- Mota, G.R, M.A. de Moura Simim, I. A. dos Santos, J.E. Sasaki, and M. Marocolo. 2020. Effects of wearing compression stockings of exercises performance and associated indicators; a systematic review. *J. Sports Med.* 11: 29-42. <https://doi.org/10.2147%2FOAJSM.S198809>
- Murphy, J.R., D.C. Button., A. Chaouachi., and D.G. Behm. 2014. Prepubescent males are less susceptible to neuromuscular fatigue following resistance exercises. *Eu. J. Appl. Physiol.* 114: 825-35.
- Murray, J.F. 2018. The ten biggest issues seen in private practice. Sports psychology and clinical psychology. <https://johnfmurray.com/news-events/sports-psychology-article-the-10-biggest-issues-seen-in-private-practice/>
- Naumovski, E. 2001. "Formulating a model for talent identification, development, and selection in women basketball." MA thesis, Toronto: York University.
- Nettle, H. and E. Sprogis. 2011. Pediatric exercise: Truth and/or consequences. *Sports Med. Arthrosc. Rev.* 19(1): 75-80.
- Nicklas, T.A., C. Reger, L. Myers, and C. O'Neil. 2000. Breakfast consumption with and without vitamin-mineral supplement use favorably impact daily nutrient intake of ninth-grade students. *J. Adolesc. Health.* 27: 314-21.
- O'Dea, J.A. 2003. Why do kids eat healthful food? Perceived benefits of and barriers to healthful eating and physical activity among children and adolescents. *J. Am. Diet. Assoc.* 103(4): 497-501.
- Ogden, C.L., K.M Flegal, M.D. Carroll, and C.L. Johnson. 2002. Prevalence and trends in overweight among US children and adolescents, 1999-2000. *J. Am. Med. Assoc.* 288 (14):1728-32.

- Pain, M.T. and A. Hibbs. 2007. Sprint starts and the minimum auditory reaction time. *J. Sports. Sci.* 25(1): 79-86.
- Pandy, M.G., A.K.M. Lai., A.G. Satche, Y. Chung Lin. How muscles maximize performance in accelerated sprinting. *Scand J Med & Sci in Sport.* 16 Jul. 2021.
- Passer, W. 2012. Children in sports: Participation motives and psychological stress. *Quest* 33 (2): 231-44.
- Pasulka, J., N. Jayanthi, A. McCann, L.R. Dugas, and C. LaBella. 2017. Specialization patterns across various youth sports and relationship to injury risk. *Phys Sportsmed.* 45(3): 344-352.
- Paul, D.J., T.J. Gabbett, and G.P. Nassir. 2016. Analysis in team sports: Testing, training, and factors affecting performance. *Sports Med.* 46, 421-42.
- Pearce, N., C. Lester, A. Seth, and P. Turner. 2018. The role of physical activity and sport in mental health. https://www.fsem.ac.uk/position_statement/the-role-of-physical-activity-and-sport-in-mental-health/
- Perroni F, G.P. Emereziani, F. Pentene, M.C. Gollotta, L. Guidetti, and C. Baldari. 2019. Energy cost and energy sources of an elite female soccer player to repeated sprint ability test: A case study. *The Open Sports Sciences Journal* 12: 10-16.
- Post, E.G., S.M. Triggsted, J.W. Riekena, T.A. McGuine, M.A. Brooks, and D.R. Bell. 2017. The association of sport specialization and volume with injury history in youth athletes. *Am. J. Sports Med.* 45(6): 1405-12.
- Powers, S.K. and E.T. Howley. 2008. *Exercise physiology: Theory and application to fitness and performance.* 7th ed. New York: McGraw-Hill.
- Pozzi, F., H.A. Plummer, E. Shanley, C.A. Thigpen, C. Bauer, M.L. Wilson, and L.A. Michener. 2020. Pre-season shoulder range of motion screening and in-season risk of shoulder and elbow injuries in overhead athletes. *British Journal of Sports Medicine.* 54 (17): 1019-27.
- Radnor, J.M., R.S. Lloyd., and J.L. Oliver. 2017. Individual response to different forms of resistance training in school-age boys. *J. Strength Cond. Res.* 31: 787-97.
- Raedeke, T. and A.L. Smith. 2004. Coping pressures and athlete burnout. *Journal of Sports and Exercise Psychology* 26: 4.
- Rader, R.K., K.B. Mullen, R. Sterkel, R.C. Strunk, and J.M. Garbutt. 2014. Opportunities to reduce children's excessive consumption of calories from beverages. *Clin. Pediatr.* 53: 1047-54.
- Ratel, S. 2011. High-intensity and resistance training and elite young athletes. *Med. Sport Sci.* 56:84-96.
- Rivier M.L., L. Louit., A. Strokosh, and L.B. Seitz. 2017. Variable resistance training promotes greater strength and power adaptation than traditional resistance training in elite youth rugby players. *J. Strength Cond. Res.* 31: 947-55.
- Richards, J.D., A. Chohan, and R. Erande. 2013. *Tidy's physiotherapy.* 15th ed. Edinburg: Elsevier.
- Rumpf, M.C., J.B. Cronin, I.N. Mohamad, S. Mohamad, J.L. Oliver, and M.G. Hughes. 2015. The effect of resisted sprint training on maximum sprint kinetics and kinematics in youth. *Euro L Sport Sci.* 15(5): 374-381.
- Sebastian, R.S., C. Wilkinson Enns, and J.D. Goldman. 2009. US adolescents and MyPyramid: Association between fast-food consumption and lower likelihood of meeting recommendations. *J. Am. Dietetic Assoc.* 109: 226-35.
- Sasaki, K. and P.R. Neptune. 2006. Differences in muscle function during walking and running at the same speed. *J. Biomech.* 39(11): 2005-13.
- Seitz, B.L., A. Reyes, T.T. Tran, E.S de Villarreal, and G.G Haff. 2014. Increase in lower body strength transfer positively to sprint performance: A systematic review with meta-analysis. *Sports Med.* 44(12): 1693-702.
- Sharma, K.D. and P. Hirtz. 1991. The relationship between coordination quality and biological age. *Med. Sport* 31: 3-4.
- Sonoda, T., Y. Tashiro, Y. Suzuki, Y. Kajiwara, H. Zeidan, Y. Yokota, M. Kawagoe, Y. Nakayama, T. Bito, K. Shimoura, M. Tatsumi, K. Nakai, Y. Nishida, S. Yoshimi, T. Aoyama. 2018. Relationships between agility and lower limb muscle strength. targeting university badminton players. *J Phys Ther Sci.* 30(2): 320-323.
- Squire, J.M. Muscle contraction: Sliding filament theory, sarcomere dynamics and the two Huxleys. *Glob Cardiol Sci Pract.* June 30, 2016 (2): e201611. <http://dx.doi.org/10.21542/gcsp.2016.11>.
- Stanford Children's Health (Children's Orthopedics and Sport Medicine Center). 2019. Position paper.
- Stead, R. and M. Neville. 2010. The impact of physical education and sport on education outcomes: A review of literature. Position paper. Institute of Youth Sport. Loughborough University.
- Steinbach Chiropractic Clinic. 2018. Position paper. Complete concussion management.
- Struzik, A., K. Karamanidis, A. Lorimer, J.W.L. Keogh, and J. Gajewski. 2021. Application of leg, and joint stiffness in running performance: A literature overview. *Appl Bionics Biomech.* 2021: 9914278.
- Taylor, M.J.D. and R. Beneke. 2012. Spring mass characteristics of the fastest men on Earth. *Int. J. Sports Med.* 33(8): 667-70.
- Thomson, R.L. and J.D. Buckley. 2011. Protein hydrolysates and tissue repair. *Nutr. Res. Rev.* 24: 191-97.
- Thorpe, R.T., G. Atkinson, B. Drust, and W. Gregson. 2017. Monitoring fatigue status in elite team sports athletes: Implications for practice. *Int. J. Sports Physiol. Perform.* 12: S227-34.

- Tomkinson, G. 2013. "Global Changes in Cardiovascular Endurance of Children and Youth Since 1964: Systematic Analysis of 25 Million Fitness Test Results from 28 Countries" (presentation: American Heart Association's Scientific Sessions, Dallas, TX, November 16-20, 2013).
- Tonnessen E, T. Hangen, and S.A. Shalfawi. 2013. Reaction time of elite sprinters in athletic world championships. *J. Strength Cond. Res.* 27(4): 885-92.
- Trappe, S., M. Harber, A. Creer, O.P. Gallagher, S. Slivka, K. Minchev and D. Whitsett. 2006. Single muscle fiber adaptation with marathon training. *J Appl Physiol.* 101:721-27.
- Trauth, J., J. Sheffer, S. Hasenjager, and C. Taxis. 2019. Synthetic control of protein degradation during cell proliferation and developmental processes. *ACS Omega.* 4(2): 2766-78.
- Turner, A.N. and I. Jeffreys. 2010. The stretch-shortening cycle: Proposed mechanisms and methods for enhancement. *J. Strength Cond Res.* 17: 60-67.
- Turner, N.J. and S.F. Badylak. 2012. Regeneration of skeletal muscle. *Cell Tissue Res.* 347(3) 759-74.
- Udofa, A.B., L.J. Ryan, K. Clark, and P. Weyand. June 14-18, 2017. "Ground Reaction Forces During Track Events: A Motion Based Assessment Method." (presentation: 35th Conference of the International Society of Biomechanics in Sport, Cologne, Germany, June 14-18, 2017).
- University of Wisconsin Health. 2016. Dynamic stretching vs. static stretching. University of Wisconsin School of Medicine and Public Health. <https://www.uwhealth.org/news/dynamic-stretching-versus-static-stretching>.
- U.S. Department of Agriculture. Food and Nutrition Service. 2022. Child nutrition programs. <https://www.fns.usda.gov/cn>
- Urbach, A.C. 2001. "An analysis of the energy demand in the sport of basketball." MA thesis, Toronto: York University.
- Valovich McLeod, T.C., L.C. Decoster, K.J. Loud, L.J. Michell, J.T. Parker, M.A. Sandrey, and C. White. 2011. National Athletic Trainers' Association Position Statement: Prevention of Pediatric Overuse Injuries. *J. Athl. Train* 46(2): 206-20.
- Van Someren, K.A. 2006. The physiology of anaerobic endurance training. In *The Physiology of Training*, edited by G. White, 85-115. London, UK: Elsevier.
- Vanelli, M., B. Iovane, A. Bernardini, G. Chiari, M.K. Errico, C. Gelmetti, M. Corchia, A. Ruggerini, E. Volta, and S. Rossetti, 2005. Breakfast habits of 1,202 northern Italian children admitted to a summer sport school. *Acta Biomed.* 76(2): 79-85.
- Weyand, P.G., D.B. Sternlight, M.J. Bellizzi, and S. Wright. 2000. Faster top running speeds are achieved with greater ground force not more rapid leg movement. *J. Appl. Physiol.* 89:1991-99.
- Weyand, P.G., R.F. Sandell, D.N.L. Prime, M.W. Bundle. 01 April, 2010. The biological limits to running speed are imposed from the ground up. *J Appl Physiol* 108 (4): 950-961.
- Wiersma, L.D. 2020. Risks and benefits of youth sport specialization. *Pediatr. Exerc. Sci.* 12(1): 13-22.
- Zoladz, J.A., D. Semic, B. Zawadowska, J. Majerczak, J. Karasinski, L. Kolodziewski, K. Duda, and W.M. Kilariski. 2005. Capillary density and capillary-to-fibre ratio in vastus lateralis muscle on untrained and trained men. *Folia Histochem. Cytobiol.* 43:11-17.