Year-round Training for Athletes- A Multifaceted Discussion

Though recently we have many options to maintain physical fitness and overall mental health, there is nothing yet to be compared with athletics. Athletics is a form of competition that exists to determine a victor. The word “competition” brings about the significance of proper training. However, this elicits several questions, such as “do we need training every day in a year?” or “is our training affected by the seasonal training?”. Yes, it is a matter that leads to further discussion.

To begin with, training and athletics are intertwined with each other. Of course, an athlete needs training. However, should the training run throughout the year? Yes, it should, as long as it is proper and exhaustive. A year-around training is not a facile task, even an athlete with supreme prowess, feels the unrelenting agony of every practice session. Nevertheless, a proper training can invigorate an athlete in diverse ways. In the first place, sports involve injuries. A correctly planned strength and conditioning program aims to limit non-contact physical injuries while cutting, jumping, or running. As athletes tire, their movement efficiency and mechanics deteriorate, making them more injury prone. A well-furnished program gives athletes the strength and agility to play the whole game while reducing injury risk. Secondly, every team has a rich and poor culture. Culture cannot be discussed on Monday and never perpetuated. If you don't encourage desired athletic conduct, culture can quickly deteriorate. A quote from Peter Drucker, Austrian-American management expert and author, is - “Culture eats strategy for lunch.” Your team will always be moving in the same direction if you have a strong culture. This is why I put culture over strategy. A year-around training will build a culture not only the strategy. Another unmistakable benefit of continuous training is developing chemistry among the members of a team. Above 2200°F, metals are no more immutable. Building amazing teams involves heat, much like welding. Tough, rigorous training definitely heat up your team. Moreover, hard labor inspires teamwork and integrity. Another crucial benefit is having athleticism. Young athletes must maintain a regular training schedule, definitely for the whole year. Their growth won't be restricted to the offseason thanks to this investment. A four-to-six-month head start over your competitors who only practice in the off-season is within your reach. Furthermore, athletes will feel highly involved if they are trained consistently. This involvement will expedite the sense of belongingness which is not easy to provide only with in-seasoned training. Thus, it helps an athlete to move forward with fervor. Lastly, a year-around training not only helps the athletes, but also the trainers. They can measure the continuous performance of an athletes in terms of a more comprehensive scale which eventually gives them the touchstone to follow for athletic development. On the other hand, a whole year training can be deleterious if not properly maintained. It might draw restlessness, anxiety or even permanent injury. However, in a year-around training, there is a period of development when the athletes take rest for recovery from previous injuries. The development phase could be less rigorous or intense than that of in-season practice. Exercise and training might be conducted at a decreased intensity and volume during the off-season. Decelerating increases an athlete's concentration on fundamentals and specialized moves. Athletes who wish to retain their fitness should reduce the frequency and time of their workouts while maintaining their intensity. Ineffective exercise may lead to a loss of fitness, so it might be an option to reduce the period of training, not completely stop, during the off-season while maintaining competitive intensity.

If we want to speak about the advantages of seasonal sports, scarcely we face restraint. However, the benefits of seasonal training are not beyond question when our youth dive into everyday training. So, yes, seasonal sports are not beyond a negative impact in regard to aforementioned sentence. Though, seasonal sports do not severely affect regular training, it has some repercussions. Youth are acclimated into a routine training when they are in everyday training. They get involved mentally and physically with the fields, indoor and outdoor. What seasonal sport might do is creating a gap, or time lapse in training program. Though, I am not going to censure seasonal sports severely, I would say seasonal sports are not letting the athlete to get trained everyday which might be a plan of a youth athlete. A year-around training mitigates the risk of injury. A seasonal sport can elevate that risk, and even may kick off an athlete from the training for a certain period breaking his/her regular and long-term plan. A defeat in sports can have an impact on an athlete's emotion which ultimately reflects in his/her training. Again, daily training is not an easy task; it requires a strong mental and physical support. Particularly, the mental support and zeal help them to stay in the training field bearing a tough training shift. A defeat sometimes affects this equanimity.

Although sports have always played a significant part in our lives, we are only now beginning to understand the consequences that participating in sports can have on the human body. Taking part in sports gives us an immediate rush of endorphins, making us feel like we can do anything. If an injury occurs while you are still young, it's possible that it will temporarily sideline you from your activity for a while, but most athletes quickly recover and return to their beloved activities. Participating in sports comes with a number of significant benefits, but it also exposes one to a number of significant dangers. CTE, or chronic traumatic encephalopathy, is a progressive disease of the brain that can be identified in athletes, military veterans, and other people who have had a history of recurrent brain trauma. This condition is one of the biggest dangers associated with participating in contact sports. In CTE, Tau protein forms clumps that destroy brain cells. CTE has been documented in 17-year-olds, although symptoms don't manifest until years following head strikes (Concussion Legacy Foundation 1). Moreover, having to balance the demands of academics and athletics frequently results in an increase in stress, problems sleeping, and an inability to participate in other extracurricular or leisure activities that are helpful to one's overall health and wellbeing. As a result of the physical demands of their sport, many student athletes have greater sleep requirements than the average college student. People who receive the required amount of sleep can also respond more effectively to newly emerging sources of stress.

The sports could be managed in a number of ways to avoid injuries. Injuries are very particular to the types of sports. For example, back strain is the most prevalent golf-related problem. It's induced by the rotation of the pelvis in order to strike the ball, which is a fundamental aspect of golf. The lower back muscles and tendons are strained as a result of the rotation. Only by rotating your complete body during the swing can you prevent stressing your back. Adapting to this new way of life may take some time, but it will be worth it in the long run. In general, athletes of various ages, both amateur and professional, engage in sports for the sake of exercise and recreation. Sports can be physically demanding, necessitating flexibility and agility, for everyone, regardless of their level of experience. Depending on the sport, you may place more of a stress on your top or bottom body or your complete body as you play. Injuries are a possibility for players of all skill levels as a result. Before beginning any exercise, it is critical that you perform a series of dynamic stretches. While it may be tempting to start playing right away, warming up with some arm circles, butt kicks, or jumping jacks, is a better idea. However, given that the many positive effects of sports, we are also aware of the negative physical effects. Sport, on the other

hand, does not escape the psychological toll it takes. When it comes to mental health issues, young athletes are less likely than their non-athletic counterparts to seek help. This, in turn, has a negative influence on the mental health of the players themselves. Sports-related stressors such as sleep deprivation and physical exertion can exacerbate mental health issues for athletes, making them more susceptible to them.

In conclusion, playing sports not only helps individuals enhance their sense of self-esteem and self-worth, but it also lowers the chance of getting depression and lessens the symptoms of depression. Furthermore, playing sports helps individuals increase their sense of self-esteem and self-worth. When executed correctly, training that lasts throughout the year can be helpful to athletes. It necessitates careful attention to detail and trainers who are meticulous. They ought to be informed of the sports that are played within the appropriate seasons. The seasonal activities that athletes participate in should be planned by their trainers in such a way as to be beneficial to the athlete's body and mind. Since every sport is different, portending injuries should be taken care of sports-by-sports basis.

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