



GROWTH & MATURATION

KATE LUCY





KATE LUCY

SPORTS SCIENTIST



OLLIE FAWLS

**PHYSICAL PREPARATION
COACH**



DAN ELLIS

NUTRITIONIST



DOM O'HARA

**PERFORMANCE LIFESTYLE
ADVISOR**

BIOLOGICAL AGE CAN DIFFER BY UP TO **5 YEARS!**

Timing and tempo of
growth & maturation
varies ...



WHAT TO EXPECT



TAKING HEIGHT & WEIGHT MEASURES

- 4x per year
- Standardised method of data collection
- Height and weight will be recorded and shared with the player on request
- opt in or out **at any time**

Growth & Maturation

PLAYER NAME

Biological Age

13.7

Predicted Adult Height (cm)

168 — 172

% Predicted Adult Height

96.8

Maturity Status

On Time

Date of Birth

DoB Quarter

Age

Date of Measure

Q1

13.1

12 March 2024

Growth Rate

● Growth Rate (cm/yr) ● Growth Rate (kg/yr)

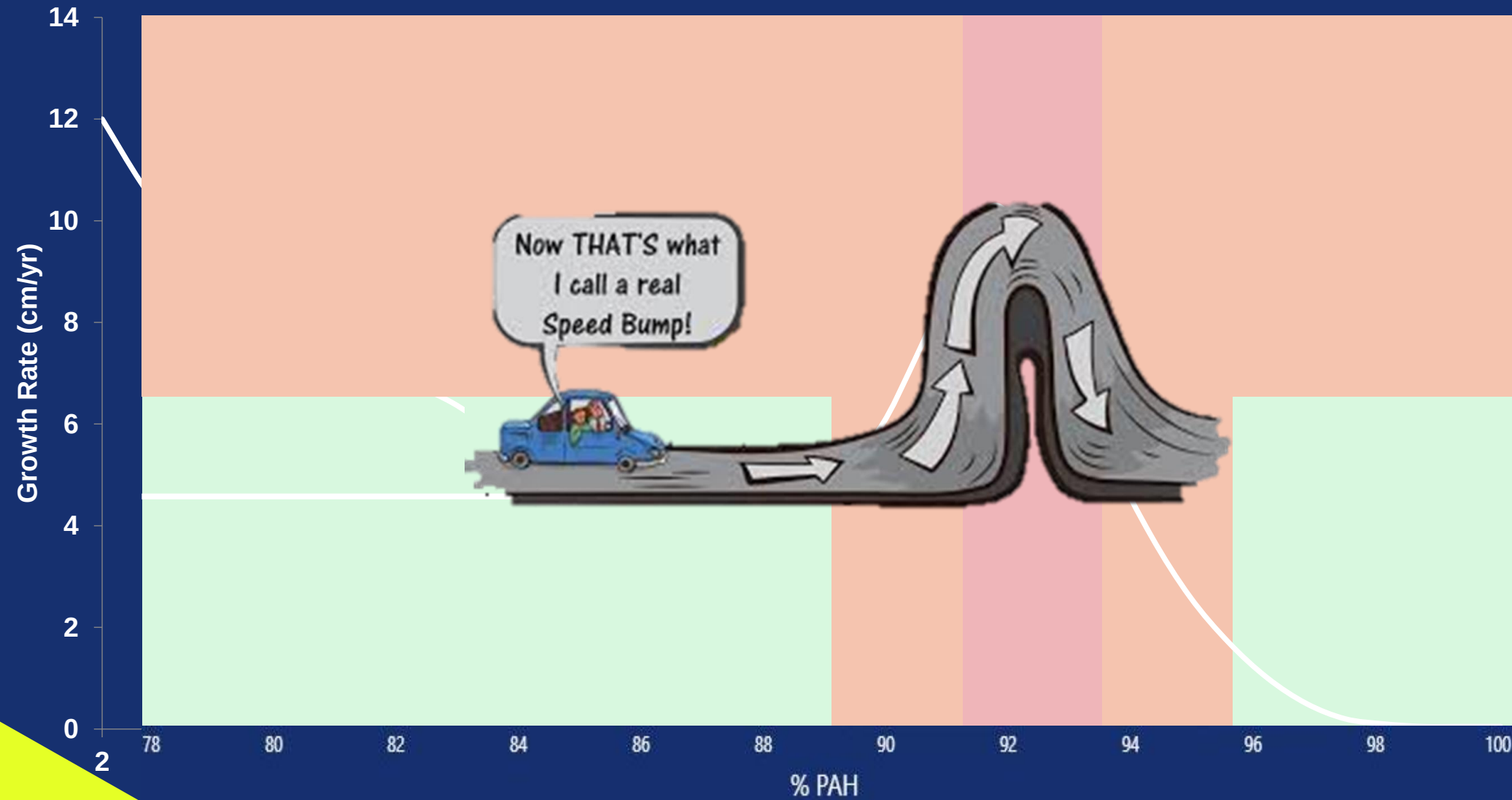


WHY ARE WE TAKING THESE MEASURES?

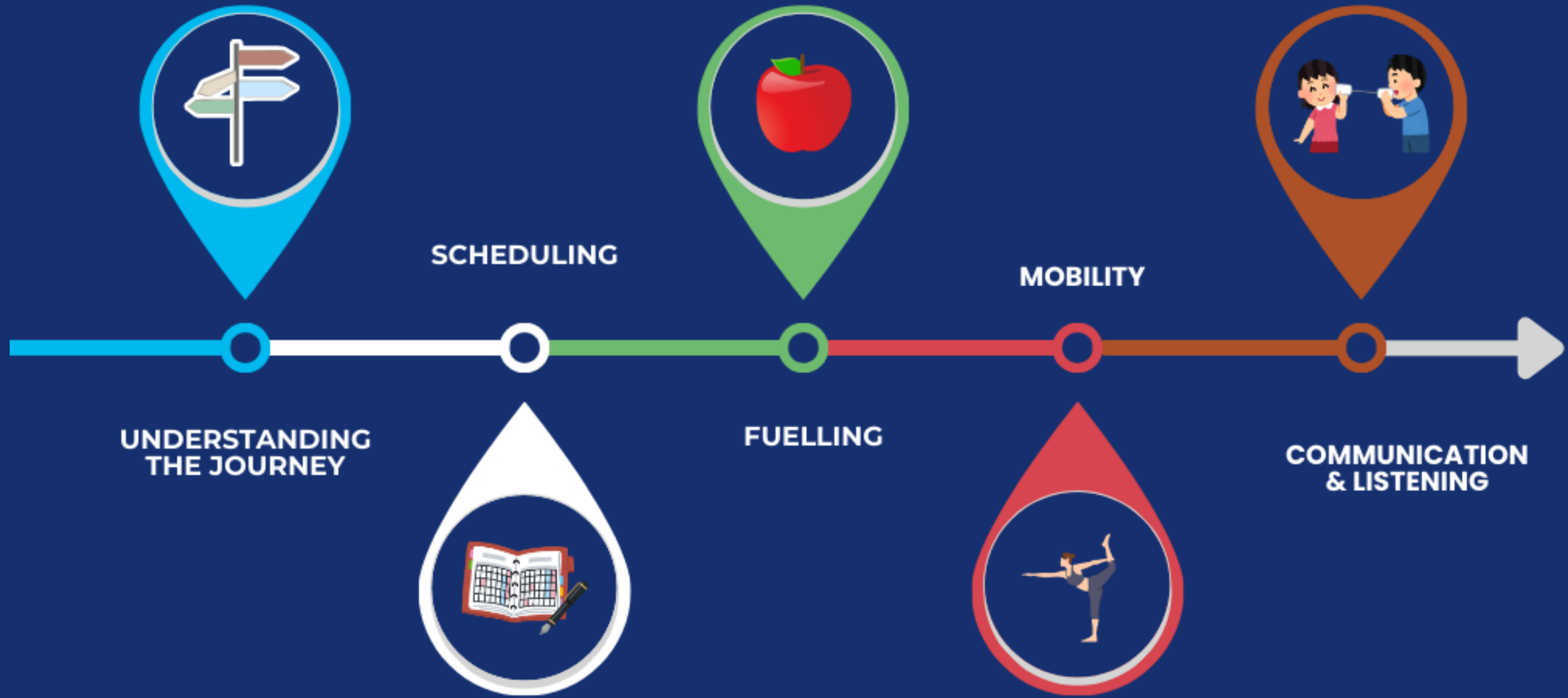
- Individualised player support
- Growth & maturation interventions
- Evidence based practice



WHAT TO LOOK OUT FOR ...



HOW CAN I SUPPORT MY CHILD



ANY QUESTIONS?

**FOR MORE INFO,
PLEASE CONTACT:**

Kate Lucy
Performance Scientist
Kate.Lucy@LTA.org.uk

