

GROWTH & MATURATION



AIMS:

1. Basics of growth and maturation in children
2. Key tips for parents
3. Regional Player Development Centre delivery
4. Question & Answer

LTA SPORT SCIENCE PRACTITIONERS



**LTA Sport
Scientist**

Kate Lucy



**LTA Physical
Preparation
Coach**

Ollie Fawls



**LTA
Nutritionist**

Dr Dan Ellis



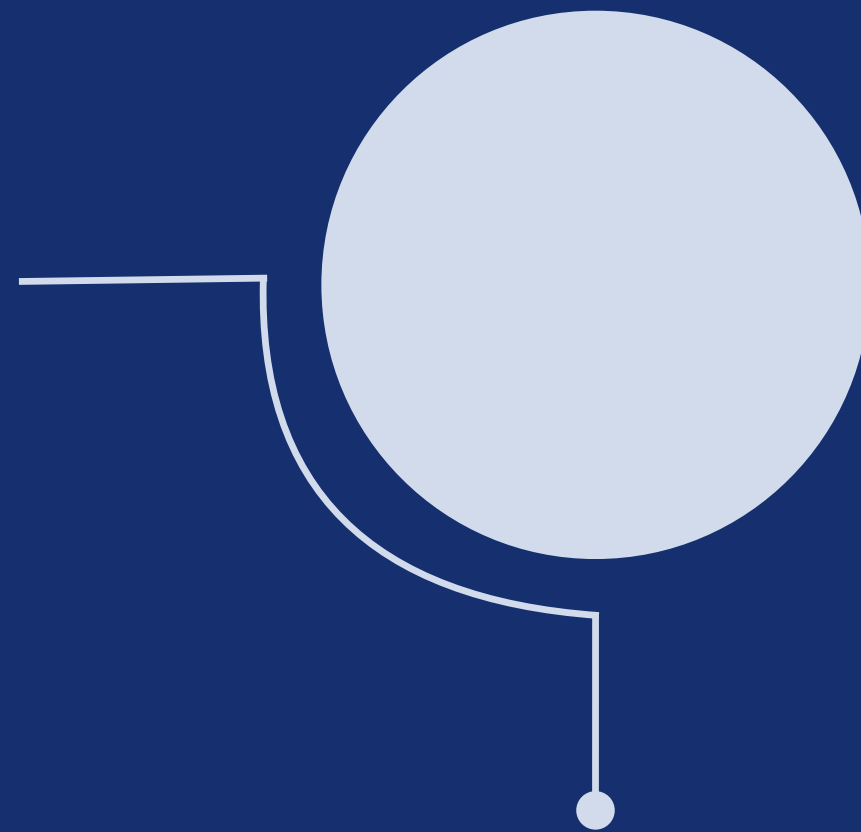
**LTA
Performance
Lifestyle Advisor**

Dom O'Hara

STAGES OF MATURATION

Pre Pubertal

Post Pubertal



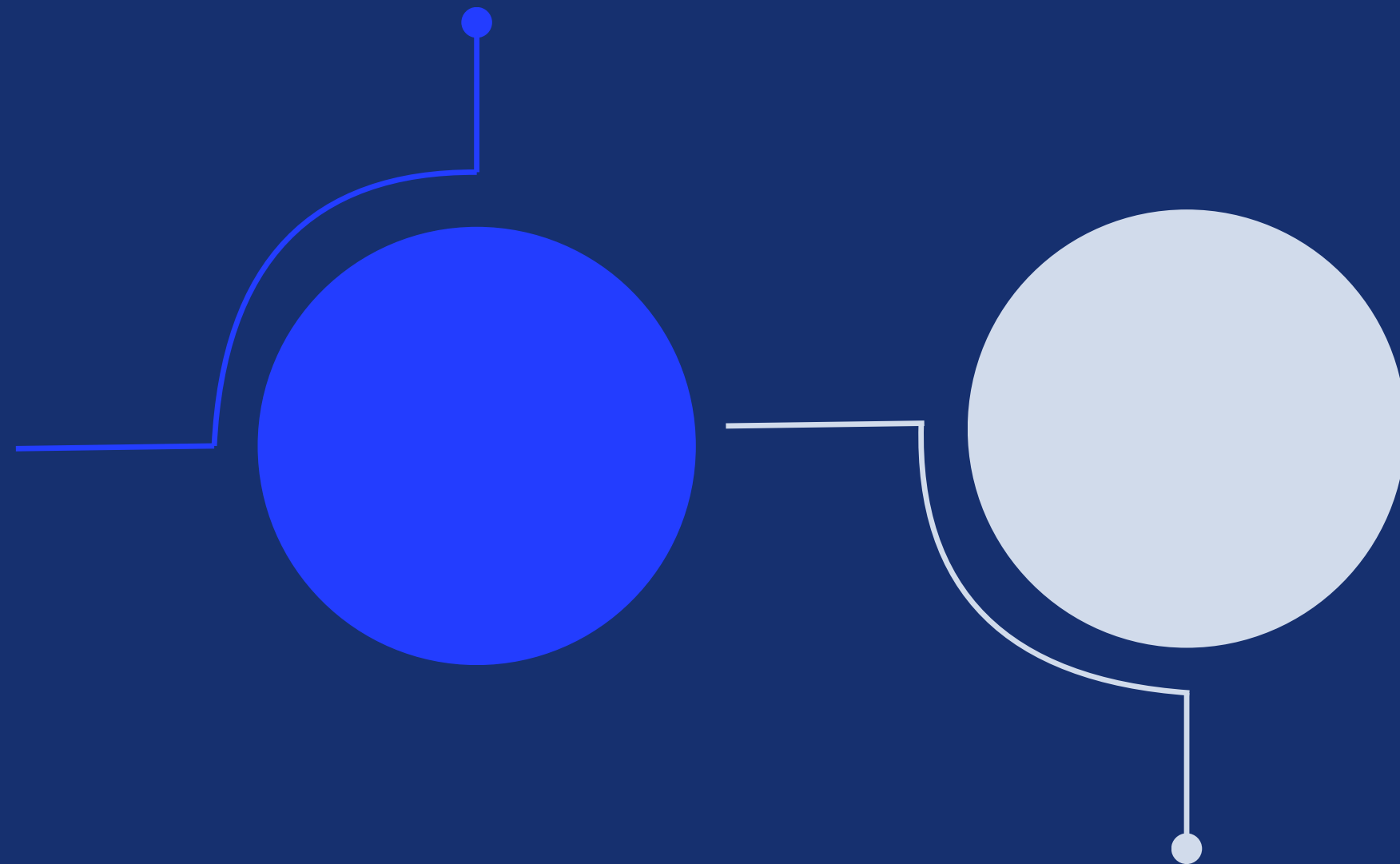
Pubertal



TIMING OF MATURATION

Early Maturer

Late Maturer



On Time



THE JOURNEY



RPDC DELIVERY

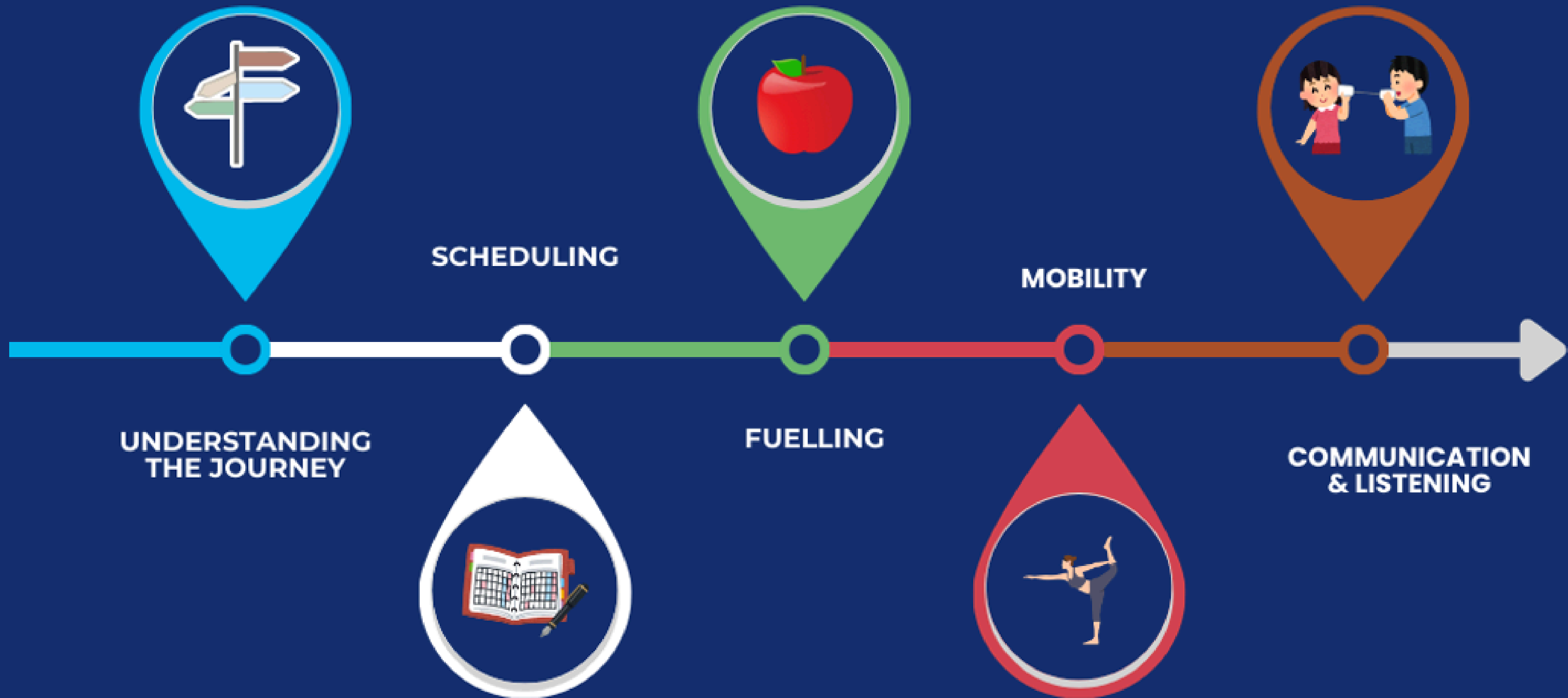


**Growth &
Maturation**

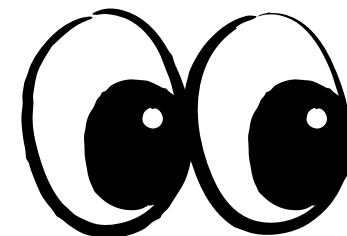
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**Injury
Incidence**

PARENTAL SUPPORT



What to look out for



**Accelerated
Growth**

**Fatigue /
Irritability**

**Adolescent
Awkwardness**

**Anxiety /
Frustration**

**Reduced
Mobility**

Pain

**Menstrual
Cycle**

ANY QUESTIONS?

**FOR MORE INFO,
PLEASE CONTACT:**

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