HOLISTIC PERFORMANCE PROGRAM

Here are some little activities to help your kids get ready to ride, and add some mobility, stability, coordination, and body awareness along the way! If you have any questions or feedback (or want to incorporate more of these activities into your clubs), please email Coach Emily Adamic at (emadamic1@gmail.com).

1. **"Step by step":** place your Bike Club water bottle on the ground. Balance on one foot, with your toes touching the water bottle. Still balancing on one foot, squat down and lightly touch the bottle (don't knock it over!). Scooch your foot back by ~6 inches, still balancing, reach down and touch the bottle again. Continue until you are as far back as your foot can go, without touching your other foot down or knocking over the bottle!

2. **"Hopping":** place your Bike Club water bottle on the ground in front of you. Hop over it - forwards and backwards, and side to side. First, try hopping double footed. As an extra challenge, try hopping single footed! Test your skills by landing as balanced as possible with no correction hops. Then, try to hop as fast as possible – get as many hops as possible in 10 seconds!

3. **"Bear crawl balance":** Get on your hands and feet. Bend your knees (but keep them off the ground) so your back is flat. Have a friend place your Bike Club water bottle on your back. Now, walk slowly forwards, on your hands and feet - crawl like bear! – and try to make it as far as possible without your water bottle falling off your back!

4. **"Shoulder taps":** Put your Bike Club water bottle on the ground in front of you. Get down in a push-up position with your hands placed on either side of your water bottle. Now, with one hand, reach and grab your water bottle, and touch it gently to your opposite shoulder (for example, left hand to right shoulder). Slowly place the water bottle back on the ground, and switch with the next hand. The challenge is to do this while keeping your whole body as STILL and as straight as possible - no bending or sagging at the hips!