



STRENGTH SCHOOL

YOUTH TO ADULTS

INFORMATION BOOGKLET

Strength School Malta helps young people move well, feel strong, and enjoy being active. Our 9–15 programme teaches AMSC fundamentals (squat, hinge, push, pull, brace, landing) and is tailored by bio-banding—we match training to each athlete’s stage of growth. Led by Marvic Debono Le Prevost (Cardiff Met Master’s in Youth Athletic Development) and Coach Gabriel Mamo, known for consistent results and exceptional dedication.



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Youth Strength & Movement Literacy at Strength School

Malta (Ages 9–15)

Built for progress. Designed for youth.

This informative pack explains how our Youth Strength Programme works for ages 9–15—what we do, why we do it, how we keep it safe, and how we tailor sessions to each young person. It also highlights why strength and movement training benefits all kids, not just athletes.

Who We Are

Strength School Malta helps youth and adults build lifelong movement confidence and strength. Our youth programme focuses on ages 9–15, while still supporting younger and older youth across all stages through our wider pathway.

Our Coaches

- **Marvic Debono Le Prevost** – *Founder and Head Coach*. Marvic is currently pursuing a Master's in Youth Athletic Development at Cardiff Metropolitan University, bringing the latest research on growth, maturation, and long-term athlete development directly into our sessions. He founded Strength School to provide Malta's first dedicated strength-training academy for kids, teens, and adults.
- **Gabriel William Mamo** is the Founder and Head Coach at Strength School Malta. He specializes in youth physical development with a results-driven approach. Gabriel known as Gabe, has guided young athletes toward outstanding performance gains. His coaching blends science, safety, and skill-building at every stage. He's passionate about movement literacy and long-term athletic success. Trusted by parents, clubs, and federations across Malta.

For more about our philosophy and team, visit strengthschool.mt or reach out (contact info at the end).

What We Do

We coach the key movement and strength skills kids need to thrive in sport *and* life. In practical terms, our training covers:

- Foundational movements: Squat, hinge (hip bend), push, pull, brace (core stability), and carry.
- Athletic skills: Safe landing, deceleration (braking), balance, basic speed and agility.
- Power basics: Light medicine-ball throws and simple jumps – always focusing on quality over quantity.



Everything is taught with proper technique first. We make sessions active and fun, but always with an eye on form. Before adding any weight or complexity, we ensure each young athlete can perform movements correctly and confidently. We use the concepts of Athletic Motor Skill Competencies (AMSC) and the Youth Physical Development (YPD) model to match training to the child's stage of growth and skill level – not just their age. In short, a 9-year-old and a 14-year-old won't do exactly the same drills; we tailor the training to *their* needs and maturity.

Why Youth Strength?

A well-designed youth strength program has huge benefits beyond just getting “stronger”:

- Builds confidence and enjoyment of being active. Mastering new skills and getting stronger helps kids feel capable and proud, which makes them more likely to stay active.
- Reduces avoidable injuries by improving landing and braking mechanics. Better technique in jumping, landing, and changing direction means fewer twisted ankles and knee injuries in sports or play. In fact, research shows youth who do supervised strength training get injured less often than those in many team sports mendcolorado.com.
- Transfers to all sports and daily life. Strength and coordination make it easier to run faster, jump higher, and throw farther – but also to carry school bags, climb stairs, or just maintain good posture at a desk.
- Supports healthy bones, muscles, and posture. Resistance exercise during pre- and early teens helps build bone density and lean muscle, setting kids up for a healthier adulthood. It can improve posture and core strength that protect the spine and joints.
- Creates habits that can last into adulthood. Training at these ages helps kids learn that exercise can be fun and rewarding. The habits and positive experiences formed now tend to stick, leading to lifelong health benefits.

Safety note: We never attempt one-rep max lifts or anything overly intense for kids. We always keep 1–2 reps “in the tank” – meaning athletes stop before form breaks down. Quality and control are the priority, so young lifters progress safely and confidently.

Growth & Maturation: How We Personalise Training

Every child grows at a different pace. Two 12-year-olds can be at very different stages biologically. We account for this by personalising the training to their growth stage and movement ability:

- Maturity assessment: We measure simple anthropometrics (standing height, sitting height, and body mass) to estimate each child's maturity status or “band.” The bands are roughly: Pre-PHV (before peak height velocity, i.e. before the major growth spurt), Circa-PHV (during the rapid growth spurt), and Post-PHV (after the growth spurt). This tells us where they are in their development, which is often more useful than age alone.



- Movement screen: We combine the maturity info with a basic movement screen. In the first session, we check fundamental movements (squat, hinge, push, pull, brace, landing, balance) and give simple quality scores (0–3) for how well they move. We also do a brief needs analysis – for example, checking ankle mobility, landing control, or core bracing ability.
- Tailored groups and progressions: Based on maturity and movement quality, we place each young athlete into a suitable starting group. All groups learn the *same skills*, but the loads, speeds, or drills will differ so sessions feel challenging but not overwhelming. For instance, two kids might both learn to squat – one might practice with just bodyweight or a light medicine ball, while another uses a heavier kettlebell, depending on their readiness. We adjust tempos (how slow or fast exercises are done) and drills to “*coach the right thing at the right time.*” The goal is that everyone is appropriately challenged and can succeed.

This approach (often called bio-banding) helps us coach each child at the right level for their body. It means training is effective, enjoyable, and safe – no one is pushed beyond what they can handle, and no one is held back from progressing when they’re ready. By grouping and modifying based on growth and skill, we support both immediate enjoyment and long-term development.

Safety & Safeguarding

Your child’s safety is our top priority. We maintain a safe, supportive environment through:

- Small group sizes: We keep coach-to-athlete ratios small (aim for 1:8 or better) so each child gets close supervision. Coaches always demonstrate exercises clearly and use step-by-step progressions.
- Readiness checks: At the start of each session we do a quick readiness check – asking about sleep, soreness, or any illness/injury. If a child isn’t feeling 100%, we adjust or have them sit out as needed. We never allow training to the point of failure or exhaustion.
- Proper space & equipment: We train in a clean, open floor space with secure, age-appropriate equipment. We use light to moderate weights that kids can handle with good form. All exercises start simple (often just bodyweight) and only advance when the child is ready.
- Qualified, vigilant coaches: Both coaches are trained in youth fitness and first aid. We ensure instructions are understood and that kids are lifting with correct technique at all times. With qualified supervision, strength training is very safe for youth – studies show it’s no more risky than other sports and can even reduce overall injury risk.
- Safeguarding policies: We collect parental consent and health info at sign-up, including photography consent. Our facility follows strict safeguarding guidelines. Parents are always welcome to observe sessions. We foster a no-shame environment – every child is encouraged, and mistakes are treated as learning steps, never something to criticize.



The First Month: What to Expect

Week 1 – Baseline & Onboarding

This first session is all about getting to know your child and setting a baseline, in a low-pressure way. We will:

- Do a quick health screen and review consent forms. We'll also take those simple height/weight measurements for growth tracking.
- Run a fun movement screen (no pass/fail here – just seeing how they move). For example, we might ask them to squat, do a light push-up, try a simple jump, etc., while we give gentle cues.
- Do a few *light* performance checks: maybe a few jumps, a medicine-ball chest pass, or a short 10m sprint – all done playfully, just to gauge starting points.
- Send them home with some positive feedback and maybe a couple of *home movement ideas* (simple drills or games) to try. We'll also let you know their starting group for next time.

Weeks 2–4 – Foundation

The next few sessions focus on teaching fundamentals and building confidence:

- Technique-first training: Each 60-minute session follows a structured format (see next section) with a proper warm-up, focused practice on key movements, and a bit of fun at the end. We emphasize R.A.M.P. warm-ups (Raise, Activate, Mobilise, Potentiate) to prepare their bodies. Main strength work is done with light weights or just bodyweight until form is solid.
- Individual cues & small wins: We give each child personal cues (like “knees out” or “chest up” on a squat) and celebrate *small wins*. Did they hold a solid plank today? High-five! These early weeks are about getting them comfortable and feeling successful each session.
- Week 4 check-in: At the end of Week 4, we'll do a quick review. This might include re-checking a few baseline moves or asking how they feel about the class. We'll provide a short progress summary for the family – highlighting achievements (e.g. “*John's balance on one leg has improved, and he learned to hip hinge really well!*”) and what's next (“*We'll start to add a little weight to his squats now that his form is great.*”). We'll also share any home tips to work on (if needed).

By the end of the first month, expect your child to be familiar with the routine and starting to show improvements in form, confidence, and enthusiasm!

A Typical 60-Minute Session

Every session is structured to be engaging and effective. Here's what a one-hour youth session generally looks like:

- Warm-up (R.A.M.P.): 5–10 minutes to *Raise* the heart rate, *Activate & Mobilise* key muscles and joints, and *Potentiate* (practice) the movements we'll use. This includes



dynamic stretches, fun mobility drills, and rehearsing basic movements (e.g. practicing a squat pattern with no weight).

- Movement Skill practice: We then spend time on a fundamental skill. For example, we might work on safe landing (jump and stick the landing softly) or core bracing through carries (walking with a weight without wobbling). This is about skill and technique.
- Main Strength block: This is the core of the session (~20 minutes). We typically train two big movement patterns per session (for example, a squat pattern and a push pattern) plus one smaller “accessory” exercise. For instance, the kids might do sets of goblet squats and push-ups (big movements), and then a dumbbell row for upper-back strength (accessory). Everything is scaled to their level – some may use a PVC pipe or light dumbbell, others a heavier kettlebell, etc., but all are doing the *same fundamental movements*.
- Speed/Power/Game finisher: To keep things fun and dynamic, we end the workout with a short burst of speed or power activity or a quick game. This could be short sprint races, a few low-volume jumps or medicine ball throws, or a small-sided game that gets them moving and laughing (e.g. relay races or reactive agility games). The focus here is on effort and enjoyment, not drilling conditioning to exhaustion.
- Cool-down & Debrief: Last 5 minutes to bring down the heart rate with easy stretching or breathing exercises. We also do a quick recap: each child shares 1 win (something they did well – “I kept my balance on all my landings!”) and 1 focus for next time (“Next week I want to get 2 more push-ups”). We then high-five and close out on a positive note.

Programme Structure (3-Month Snapshot)

We plan training in roughly 3-month blocks, adjusting as the kids grow and improve. Here’s a general overview of how a typical 12-week cycle might progress:

- Month 1 – Foundation: Emphasis on technique mastery and tempo control. We introduce safe landing and braking mechanics, loaded carries for core strength, and basic bodyweight exercises. Everything is done at a comfortable pace – for example, slow tempo squats (to ingrain good form) and lots of feedback and encouragement.
- Month 2 – Build: If quality is consistent, we introduce small increases in load (e.g. slightly heavier weights or more reps) and add variations like isometric holds (pause in a position) or controlled negatives (slow lowering) to build strength. We continue practicing power carefully, maybe adding a bit more jump height or a slightly heavier medicine ball throw – but always *controlled*.
- Month 3 – Express: Now we aim to move with a bit more intent and athleticism while keeping great form. We might do slightly faster lifts (e.g. more explosive but low-weight jump squats or quicker sled pushes) and low-volume jumps/throws for power. The idea is to apply the solid foundation from Months 1–2 to more dynamic movements, preparing them for sports or higher-level training. Quality remains the priority, even as intensity rises a bit.

At Weeks 4, 8, and 12, we do re-tests or check-ins on key movements and skills. This helps us see progress and decide if any child should move to a different group or get new



challenges. We share these progress updates with you and give home practice ideas if beneficial. After 3 months, we typically start a new cycle with updated goals or groupings, keeping the training fresh and progressive.

Inclusion & Special Needs (SEND)

Our programme is inclusive and can be adapted for different needs or abilities. Every child can participate and succeed in strength training with the right support:

- Adapted exercises: We have variations for all exercises. If a child struggles with a standard movement, we modify it. For example, using *raised handles or a bench* for someone who can't squat to full depth, or *resistance bands* to assist in pull-ups or push-ups. We also use benches or boxes as needed to ensure everyone can lift with safe form.
- Visual and simple cues: We demonstrate everything visually and keep instructions simple and clear. We give one cue at a time ("feet apart, like this") and use easy language. This helps children who have learning difficulties or those who just do better with clear, concise instructions.
- Alternate targets: Not every child will respond to the same motivators. For some, doing 5 repetitions might be tough – instead, we might switch to a *time-based goal* (e.g. hold a plank for 10 seconds) or a *distance goal* (carry this weight for 10 meters). We focus on what they can do, and measure progress in a way that suits them.
- Structured environment: Sessions follow a predictable routine (warm-up, main, finish) which can help kids who need structure or who feel anxious in new settings. The atmosphere is calm, supportive, and respectful. We avoid loud, harsh corrections – everything is positive reinforcement. If a child needs a break or time-out, we accommodate that quietly. Our coaches are patient and have experience working with kids who have ASD, ADHD, or other special educational needs.
- Success for all: We define success individually. One child might be adding weight, another might be improving balance or simply showing up consistently – all are celebrated. The goal is that *every* young person leaves feeling proud of what they did.

What Parents See

We believe in transparency and partnership with parents. Here's what you can expect as a parent or caregiver:

- Clear communication from day one: Upon enquiry or sign-up, you'll receive a welcome pack (like this one) outlining exactly what to expect. We set clear expectations about safety, attire, drop-off/pick-up times, etc., so you and your child feel prepared.
- Updates on progress: At Week 4 (and periodically thereafter), we provide a short update on your child's progress – highlighting wins, improvements, and what we're focusing on next. This might be a quick chat after class or a brief written summary.



- Open door policy: You're welcome to watch any session from the sidelines if you wish. We encourage open communication – if you have concerns or your child mentions something, let us know. You can message or call us anytime. We want you to feel as confident in the programme as your child is.
- Community and support: We occasionally hold open sessions or small showcase events where the kids can demonstrate skills and celebrate together (participation optional!). We also share tips for supporting your child's active lifestyle at home.

What to Bring

Your child doesn't need any fancy gear – just come ready to move! Please ensure they have:

- Comfortable sports kit: Lightweight t-shirt, shorts or tracksuit, and trainers (sports shoes) with good grip. Avoid restrictive clothing so they can move freely. If they have long hair, it should be tied back.
- Water bottle: Hydration is important. We take water breaks to keep everyone feeling good.
- No jewellery or gadgets: For safety, leave watches, bracelets, necklaces at home (small stud earrings are okay). No need for phones or electronics during the session – we'll be active the whole time.
- Positive attitude: (Not something you pack, but important!) Encourage your child to come with a can-do mindset. Remind them it's about effort and fun, not competition. We'll take care of the rest.

Health notes: Please inform us before the session if your child has any injury, illness, or anything that might affect their participation (even if it seems minor like a sore wrist or slight cold). We can always modify the session, but we need to know. If your child has asthma or any medication, have them bring it along (and let us know where it is).

Frequently Asked Questions (FAQ)

Q: Is strength training safe for kids?

A: Yes – when it's coached properly, youth strength training is very safe *and* beneficial. We use light to moderate loads, emphasize perfect technique, and closely supervise every rep. Decades of research support the safety and effectiveness of youth resistance training when done correct. In fact, studies have found that well-supervised strength programs have lower injury rates than many common youth sports. We prioritize safety through qualified coaching, small groups, and never pushing past a child's limits. Your child's well-being always comes first.

Q: Will lifting weights stunt my child's growth?

A: No – this is a common myth. There is *no evidence* that properly supervised strength training stunts growth in children. Kids in our program use appropriate weights (often just their bodyweight initially) and focus on form. In reality, strength training can support healthy growth by strengthening bones and improving posture. The key is supervision and technique – which we always provide.



Q: My child is shy and new to exercise. What if they feel intimidated?

A: We understand not every child is sporty or outgoing. Our coaches are friendly and patient, and we keep the environment very welcoming. We start everyone with simple wins – basic movements they can succeed in – to build confidence step by step. There's no yelling drill-sergeant style coaching, no spotlight pressure, and absolutely no shaming for mistakes or fitness level. Often, our shy kids blossom after a few sessions when they see they can do things they never thought possible. We also use a lot of game-like activities to keep it lighthearted and fun.

Q: Do you work with other ages (outside 9–15)?

A: Yes. While this pack focuses on ages 9–15 (because we tailor a lot to that developmental stage), Strength School Malta supports youth of all ages through our broader pathway. We run sessions for younger kids in a play-based format, as well as programs for older teens (16–18) that transition toward more advanced training. We even have adult classes. Our philosophy of technique, safety, and progression applies at every age. If you have a child outside 9–15 or even if you yourself want to train, feel free to reach out – we likely have an option for you.

Next Steps

If you're interested in getting your child started or simply have more questions, here's how to proceed:

1. Reach out to us: The easiest way is via our website contact form at strengthschool.mt, or you can email/call us directly (see contact info below). Let us know you're interested in the Youth Strength Programme and any questions you have.
 2. Book a taster or baseline session: We often suggest starting with a trial session or an assessment (baseline) session. This gives your child a chance to experience it and lets us tailor recommendations. There's no obligation to continue if it's not the right fit – but we're confident they'll love it!
 3. Join the programme: After the taster, we'll propose a suitable group and schedule for your child. You'll receive their starting group details and a plan for the first month. We'll also handle registration, consent forms, and any specifics we need about your child (like injuries or preferences).
 4. Watch them grow: Once they start, you'll likely see improvements within weeks – not just in strength, but in confidence and attitude. We'll keep you updated and partner with you to support your young athlete's journey. We're genuinely excited to help your child move better, feel stronger, and have fun doing it!
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Why This Matters for *Every* Child (Athletes and Non-Athletes Alike)

Who this is for: This section is especially for parents and educators of children who *don't* see themselves as “sporty,” who might prefer academics, arts, or eSports, or who are maybe returning to activity after a break. You might wonder: *Is a strength & movement program really necessary or helpful for my child who isn't into sports?* The answer is yes! Below we explain why a skill-based strength programme is essential for all kids – and how we make it welcoming and safe for everyone.

Why now, ages 9 to 15?

- These are prime skill-building years. In late childhood and early teens, the brain and nervous system are highly adaptable. It's easier to develop coordination, balance, and motor skills now – and retain them – than later in life. Think of it like language learning: the “window” for movement literacy is wide open at this age. Skills like running, jumping, and catching can become second-nature with practice now, giving your child a lifelong advantage.
- Habits formed now tend to stick. Patterns of activity (or inactivity) established in pre-teen and teen years often carry into adulthood. By encouraging a habit of regular, enjoyable exercise now, you set the foundation for a healthier lifestyle in the long run. Things like good posture, taking active breaks, or enjoying exercise can become normal parts of their routine.
- Building a base of movement literacy (basic physical competence) makes all activities easier – even everyday tasks. If a child can *run, jump, land, throw, catch, climb, and change direction* with confidence, they will find PE class, outdoor play, or any recreational activity far less daunting. It's not about turning them into athletes, but rather giving them the physical tools to participate comfortably in whatever they want to.

You can learn new movement skills at any age, but it often takes more repetitions and effort later on, because ingrained habits and sedentary lifestyles can be harder to change. In other words, it's much easier to stay active if you build the skills and confidence when young.

Why this helps children with overweight or low fitness

For kids carrying extra weight or those who haven't been very active, a strength-focused program can be incredibly beneficial (sometimes more so than traditional team sports or cardio-focused exercise classes):

- Joint-friendly approach: We avoid high-impact, high-mileage activities like running laps or repetitive drills that can be hard on joints (especially if a child is heavier or deconditioned). Instead, we use controlled, technique-first exercises – for example, goblet squats (holding a weight at the chest for counterbalance), rowing movements, or farmer's carries. These can be adjusted to any starting level (even just bodyweight)



and actually strengthen the muscles around joints, making movement more comfortable.

- Strength before “fitness”: Instead of expecting kids to magically run fast or do many push-ups on day one, we focus on making them stronger in key muscle groups (legs, hips, core, etc.) which in turn makes all movement easier. As their strength increases, things like climbing stairs, jogging, or playing games won’t tire them out as quickly. This boost in capability often increases their motivation to be active. In short, we build the engine before we try to race it.
- Metabolic and health benefits (without obsessing over the scale): Strength training improves muscle quality and can positively affect metabolism and insulin sensitivity mendcolorado.com, even if the number on the scale doesn’t change much initially. More importantly for kids, it boosts daily energy levels and can improve posture and body composition over time. We deliberately track progress by skills and confidence, not weight. For instance, we’ll celebrate that your child can carry two 5kg dumbbells now when initially they could barely lift them, or that they can hold a plank for 20 seconds longer than before. These non-scale victories show them they’re improving, which is hugely encouraging.
- Psychological safety and enjoyment: We create a no-shame environment. There are no punishments like “drop and give me 20 push-ups,” and we never single anyone out for their weight or ability. Goals are individualized. If running is hard, we might focus on a fun medicine ball game instead to get them moving. We set clear, *achievable* targets so kids experience success regularly. Overweight children often have had negative experiences in PE or sports – we aim to rebuild their confidence through positive, supportive coaching.

What success looks like (after ~6–12 weeks): You might notice improvements such as better balance and coordination (e.g. they land from a jump without stumbling), increased leg and core strength (maybe they can carry groceries or their school bag more easily), longer plank or wall-sit holds, and most importantly a more positive attitude toward physical activity. Many kids start to actually look forward to training, even if they were reluctant at first. They might participate more in school PE or play, because they feel stronger and more capable.

Not into sport? Perfect – this still matters

Your child doesn’t need to be an aspiring athlete to benefit. In fact, if they’re “not sporty,” that’s all the more reason to help them build physical literacy in a non-competitive setting:

- Life skills, not just sport skills: We teach the same foundational movements that everyone uses in daily life. This isn’t sports-specific training; it’s about being able to sit and stand with good posture, lift objects safely (so they don’t hurt their back picking up a heavy school bag), carry things, climb stairs, etc. These are practical skills for life. Think of it as PE for life skills – your child will learn how to use their body effectively and safely.
- Game-like, bite-sized sessions: We structure sessions to be engaging and not overwhelming. There’s variety (a bit of strength, a bit of running or throwing, a fun game), and everything is time-boxed into short segments so it never gets too tedious. Kids who don’t love sport often still enjoy our sessions because it doesn’t feel like the



traditional PE or sports practice – it’s more like a series of mini-games and personal challenges.

- Low-pressure learning: We use clear demonstrations and *one cue at a time* teaching. This means we don’t overload kids with complicated instructions. They try a movement, we give one simple tip to improve, and they try again. We celebrate effort, not just talent or outcome. Because there are no competitions or teams, kids who fear “letting others down” or feeling out of place can relax. The only person they’re competing with is themselves (and even then, we frame it as *progress, not perfection*).

A note for eSports & screen-heavy lifestyles

If your child is passionate about gaming, coding, or any screen-heavy hobby, you might wonder how physical training is relevant to them. Here’s how:

- Posture & injury prevention: Long hours of gaming or computer use can lead to neck, shoulder, and back strain. Strength and mobility training helps counteract this. We specifically include exercises for upper back strength and cues for eyes-up posture (strengthening the back and neck muscles) to help kids sit or stand with better alignment. A stronger core and upper body can alleviate the slouch that often comes with screen time.
- Micro-break routines: We educate our young gamers on quick routines they can do in-between matches or study sessions. These might be 60–90 second breaks to stretch wrists and forearms (to prevent strains from controller or keyboard use), roll the shoulders, or do a few standing movements to reset the body. We even teach breathing drills to refocus and calm themselves during intense gaming. These habits can greatly reduce discomfort and improve focus during their screen time.
- Better reactions and ergonomics: Surprising as it may sound, some of our speed and agility drills can help gamers. For example, short sprint starts or quick footwork drills train the nervous system to react fast – which can translate to faster reaction times and better hand-eye coordination. Core bracing exercises (like planks or anti-rotation holds) build a stable midsection, which helps with fine motor control and endurance for sitting. We’re essentially helping them build a body that supports their interests, even if those interests are mostly sedentary. And who knows – they might find that being fitter even improves their gaming performance!

Learning skills “while young” — why it matters

- Brain and body development: In childhood and adolescence, the brain is busy laying down fast communication pathways between neurons (through a process called myelination). Frequent, quality practice of physical skills during this time hard-wires those skills. Think of riding a bike – if learned young, you never forget. Similarly, if kids ingrain good movement patterns (how to jump and land, how to lift properly) at a young age, those patterns become automatic and stay with them.
- Navigating growth spurts: After a big growth spurt, kids often feel “all arms and legs” and uncoordinated. This is totally normal – their center of mass has changed, limbs



lengthened, etc. We help them normalize this phase and work through it. By focusing on landing mechanics, tempo movements, and balance drills, we help teens recalibrate their coordination. This not only prevents injury during awkward stages but also reassures them that nothing is “wrong” with them – their body is just adjusting.

- Later learning is possible but harder: It’s never too late to get fit, but skills learned later in life typically require more conscious effort and practice. Think of an adult trying to learn to skateboard or play piano from scratch – it’s doable but takes a lot of work and courage. By building a base now, you’re giving your child a gift of early confidence. They won’t have to face that steep learning curve as an adult for basic fitness. Instead, they can build on a solid foundation or jump into new activities more easily. In essence, early training pays dividends for years.

Your role as parents & caregivers

You are a crucial part of this journey. Here are some tips and how we can partner together:

- Treat movement like a life skill (just like reading or math). Encourage practice and praise effort. If you prioritize a bit of active play or exercise each day, it sends the message that physical literacy is important. Even simple things like family walks or taking the stairs together can reinforce this.
- Provide opportunities to move daily: Outside of our sessions, little things help – trips to the park, riding a bike, dancing in the living room, doing household chores involving lifting or carrying, etc. Limit very long stretches of sitting when possible (encourage screen breaks). The goal is not to replace their hobbies, but to ensure they get some movement in each day to use the strength and skills they’re developing.
- Celebrate consistency and effort, not just results: If your child does two sessions a week consistently, that’s worth praising in itself. Maybe they still can’t do a full push-up – that’s okay! Focus on the improvement (“remember when you couldn’t do any push-ups and now you can do 3 with good form!”) and the fact they’re sticking with something challenging. This builds resilience and a growth mindset.
- Communicate with us: Let us know if something’s up – maybe your child felt a twinge in their knee after football at school, or they seem anxious about an exercise. Perhaps they have a favorite activity or a fear. The more we know, the better we can tailor the experience. We can modify anything and we’re happy to do so. Also, if your child talks about the sessions at home, please share that with us! (We love hearing that “Sarah showed us how she can squat down to pick up the laundry basket now.”) It helps us reinforce positives and address any concerns.

Our promise: a *safe, inclusive, skill-first* environment where every young person – athlete or not – can feel capable, strong, and proud of their progress. We believe in building universal fitness skills that empower kids in all aspects of life, from sports to academics to personal hobbies. With your partnership, we aim to make movement a joyful and regular part of your child’s world.



Contact & Further Enquiries

Strength School Malta – Youth & Adult Strength Training Academy

Website: strengthschool.mt

Email: info@strengthschool.mt (or use the contact form on our website)

Phone: [xxx-xxxxxxx] (WhatsApp enabled)

Coaches: Marvic Debono Le Prevost (Founder & Youth Athletic Development Specialist), Gabriel William Mamo (Youth Strength Coach)

Thank you for reading our info pack. We hope it gave you a clear picture of our programme and why we're so passionate about youth strength & movement literacy. If you have any questions at all, or if you'd like to book a trial session, please don't hesitate to reach out. We're here to help your young person embark on a journey to a stronger, more confident, and active life!

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- Marvic Debono Le Prevost – Founder/Coach. Currently studying a Master's in Youth Athletic Development with Cardiff Metropolitan University (Cardiff Met), bringing the latest research on growth, maturation, and long-term athlete development directly into our sessions.
 - Gabriel William Mamo – Founder/Coach Gabe helps youth build confident, efficient movement using AMSC fundamentals—squat, hinge, push, pull, brace, landing and speed. Parents value his steady manner, clear demonstrations, and follow-up notes. He's results-driven, safety-first, and relentlessly dedicated to helping each athlete progress at the right pace..

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