

## ***A One-Page Guide for Parents of Athletes***

### **POSTURE & ALIGNMENT**

- Frequent slouching when sitting or standing
- Rounded shoulders during activity
- Excessive lower-back arch when running or jumping

### **BALANCE & STABILITY**

- Wobbles or loses balance during single-leg tasks
- Unsteady or awkward direction changes
- Difficulty landing from jumps with control

### **RUNNING MECHANICS**

- Upper body twists side-to-side while running
- Hips drop or torso leans too far forward/back
- Stride appears uneven or unstable

### **POWER & EXPLOSIVENESS**

- Limited jump height or poor landing control
- Weak throws, kicks, or swings for age/size
- Trouble generating force quickly

### **FATIGUE PATTERNS**

- Form breaks down quickly when tired
- Difficulty maintaining technique late in games
- Tires noticeably sooner than peers

### **COMPENSATION BEHAVIORS**

- Uses lower back instead of core (arching, swaying)
- Frequent tightness in hips, hamstrings, or lower back
- Movements look stiff or overly tense

## **CORE-FOCUSED EXERCISE CHALLENGES**

- Difficulty holding basic positions with alignment
- Frustration with stability or control exercises
- Shakiness or sagging in plank position