



The GAME SPEED PROGRAM

MAXIMISE SPEED IN THE GAME

About Gavin Heward

Health & Performance sits at the intersection of strength & conditioning, athletic performance and rehabilitation.

This is based on a 25 year career, across 6 different countries that has seen Gavin Heward working in both strength & conditioning and specific sport performance with athletes from a spectrum of professional, international, national backgrounds as well as specialised sporting academies.

His career is currently occupied with a junior Athlete Program that services 55 athletes from 14 sports, coaching the Health & Performance powerlifting team, coaching local sprinters, and acting as service provider to Queensland Cricket and Basketball Queensland. Ever pursuing education opportunities, Gavin is also undertaking a mentorship with US-based Altis, a track and field coaching group that has overseen 120 Olympic athletes in sprint and jump events, with 57 Olympic medals won. Between all this, he also maintains regular clinic hours for injury and rehabilitation clients.

The GAME SPEED Program



Speed is the cornerstone of nearly every sport available;

it is sought after, prized and is often the difference between 1st and everything else. It is something easily recognised but the umbrella term of 'speed' actually encompasses several poorly understood components;



Do you need acceleration? Maximal speed? Change of direction?

Endurance or repeat speed ability? Straight line, curvilinear, lateral, jump or first step speed?

Each of these aspects has unique qualities, unique traits, unique development, unique body positions and shapes.

Increasing the top speed of an athlete who's game play mostly involves accelerative bursts of 0-20m simply won't transfer to in-game performance improvements. Similarly, learning to accelerate faster from a static and predictable position will nearly always lead to arriving second in the chaotic game play of most sports.

Our Game Speed program unravels the speed conundrum for athletes and coaches alike by identifying what parts of the equation matter the most for any individual, position or sport. It then teaches the techniques, positions, qualities and know-how to ensure an athlete gains the speed they need that is actually transferable to their sport environment.

KEY ASPECT

A key aspect of the Game Speed program is that we incorporate all the factors that most other programs and providers omit - all the environmental constraints and limiters **that actually determine how speed is used and applied in real life.**

Anticipation, compromised body positions, different lead-in positions, player contact, carrying an implement or ball, evasive actions, playing surface, offensive or defensive passages of play, all limit how speed is found and expressed.

The Game Speed program develops speed by using these environmental factors rather than simply leaving them out or getting athletes fast when all they have is one singular focus to contend with.

The GAME SPEED Process

ASSESSMENT DAY

Our process starts with **assessment day, using our force plate and timing gate technology.** Each athlete engages in three force plate tests to assess physical qualities of strength, power and reactive strength (what most consider "explosiveness"). They then undergo several timed tests using our timing gates to assess maximal velocity, acceleration speed and change of direction speed. Our final assessment is for Maximal Aerobic Speed which is a cornerstone of aerobic conditioning for sports. These assessments are carried out in groups with **visible leaderboards** to encourage a fun but competitive environment which serves to bring out the best in each participant, and additionally leads to more buy-in to the whole program from attendees.

GROUP TRAINING

As well as objective measures that serve as baselines we are also making subjective assessments to identify how each group member approaches the tasks. This is then combined with metrics and scores to group, or "bucket", athletes during the training process. This categorising process helps us to **tailor the program to the greatest needs** for each group to ensure every minute of training time counts to fill gaps.

REAL RESULTS

Periodic follow up assessments help track and demonstrate objective improvements and areas of further focus, meaning that **results are real and measurable, truly developing GAME SPEED.**

