



# "Sport Specific Training Doesn't Work", States Professional Strength and Conditioning Coach

Pro Athletic Training and Development, LLC, January 23, 2008

URL: <http://www.pr9.net/home/family/7180january.html>

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PR9.NET January 23, 2008 - Middletown, CT – Parents are signing their children up for sports training camps, clinics, seminars, and strength and conditioning programs all across the country. Most parents have the vision of full ride athletic scholarships dancing in their heads. But starting children into sport specialization at an early age can lead to physical and mental burnout. Chris Blake of Pro Athletic Training and Development, LLC is taking on this problem straight-on by the No Sport Specific E-course.

"Parents want what is best for their children" Blake was quoted as saying. "So we started this online E-course where parents can sign up and get the best information on youth athletic development delivered right to their e-mail in-boxes. Then the parents can make informed decisions that will benefit their children's health and well being now and in the future".

Pro Athletic Training and Development, LLC has begun a FREE, 7 part e-course called No Sport Specific Training which details the reasons of why children should not start sport specificity until later on.

Chris Blake is a certified strength and conditioning coach specializing in training youth, collegiate, and professional athletes. He can be reached 860-202-0334 or via email at [CoachBlake@proathletictraining.org](mailto:CoachBlake@proathletictraining.org) To sign up for the FREE No Sport Specific E-course visit: [www.nosportspecific.com](http://www.nosportspecific.com)

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## About Pro Athletic Training and Development, LLC

Pro Athletic Training and Development empowers athletes to become lifelong champions through education and instruction.

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