



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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Strength School Malta – Youth Strength Info Pack (Ages 9–15)

Youth to Adult

This pack explains how our youth strength programme works for 9–15-year-olds—what we do, why we do it, how we keep it safe, and how we tailor sessions to each young person.

1) Who We Are

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

Coaches

- **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..

Website: strengthschool.mt

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2) What We Do (In Plain English)

We coach the key movement and strength skills kids need to thrive in sport and life:

- Squat, hinge, push, pull, brace (core), carry
- Landing, deceleration, balance, basic speed and agility
- Light medicine-ball throws and simple jumps (quality over quantity)

We use AMSC (Athletic Movement Skill Competencies) and the Youth Physical Development approach to match training to the child’s stage of growth and skill level, not just their age.



3) Why Youth Strength?

- Builds confidence and enjoyment of being active
- Reduces avoidable injuries by improving landing/braking mechanics
- Transfers to all sports and daily life
- Supports healthy bones, muscles, and posture
- Creates habits that can last into adulthood

We never “max out”; we keep 1-2 reps “in the tank” and prioritise control and safety.

4) 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 therefore:

1. Measure simple anthropometrics (standing & sitting height, body mass) and estimate maturity band:
 - Pre-PHV – before peak height velocity (the rapid growth spurt)
 - Circa-PHV – during the growth spurt
 - Post-PHV – after the growth spurt
2. Combine maturity with a movement screen (quality scores 0-3) and a short needs analysis (e.g., ankle mobility, landing control, core bracing).
3. Place each athlete into a starting group and tailor loads, tempos, and drills so sessions feel challenging but not overwhelming.

This approach (often called bio-banding) helps us coach the right thing at the right time, supporting both enjoyment and long-term development.

5) Safety & Safeguarding

- Small groups (aim $\leq 1:8$), clear demonstrations, and step-by-step progressions.
- Daily readiness check (sleep, soreness, illness) and no training to failure.
- Clean floor space, secure equipment, and age-appropriate loads.
- Safeguarding and photography consent collected at sign-up; parents welcome to observe.



6) The First Month: What to Expect

Week 1 – Baseline & Onboarding

- Quick health screen & consent; simple height/weight measures
- Movement screen (squat, hinge, push, pull, brace, landing, balance)
- Light performance checks: jump, medicine-ball chest pass, short sprint
- Home ideas and starting group placement

Weeks 2–4 – Foundation

- Technique-first sessions (60 minutes) using the R.A.M.P. warm-up, focused strength blocks, short speed/power games, and cool-down
- Individual cues, small progressions, and confidence wins
- End-of-week-4 mini-review and family summary

7) A Typical 60-Minute Session

1. Warm-up (R.A.M.P.) – raise, activate/mobilise, potentiate (practice key shapes)
2. Movement Skill – e.g., landing + core bracing/carries
3. Main Strength – two big patterns (e.g., squat + push) + one accessory
4. Speed/Power/Game – short accelerations, simple jumps/throws, or small-sided game
5. Cool-down & Debrief – 1 win + 1 focus for next time

8) Programme Structure (3-Month Snapshot)

- Month 1 – Foundation: technique, tempo control, landing/braking, carries
- Month 2 – Build: small load increases (if quality is consistent), isometrics/tempos, controlled power
- Month 3 – Express: keep quality while moving with more intent (low-volume jumps/throws; faster concentric work)

Re-tests at Weeks 4, 8, and 12 guide regrouping, progressions, and home ideas.



9) Inclusion & SEND

We adapt sessions for different needs and abilities:

- Assisted variations (raised handles, bands, benches)
- Visual demos, simple language, one cue at a time
- Alternative targets (time holds, distance carries) when reps or loads aren't suitable
- Calm, structured environment with predictable routines

10) What Parents See

- Clear welcome pack and expectations
- Short progress update at Week 4 (wins, next focus, home ideas)
- Open communication with coaches

11) What to Bring

- Comfortable sports kit, trainers, water bottle, hair tied back, no jewellery
- Please tell us about any injuries or illness before training

12) FAQs

Is strength training safe for kids? Yes—when coached properly. We use light-to-moderate loads and perfect technique before progressing.

Will it stunt growth? No. Properly supervised strength work supports healthy bones and good movement.

My child is shy/new to exercise. We start with simple wins, celebrate progress, and build confidence step by step.

Do you work with other ages? Yes. This pack focuses on 9–15, but we support youth across all ages through our broader pathway.



13) Next Steps

1. Enquire at strengthschool.mt (contact form) or message us directly
2. Book a taster or baseline session
3. Receive your child's starting group and plan

We're excited to help your young athlete move better, feel stronger, and have fun doing it.

Contact

Strength School Malta
Website: strengthschool.mt
Email/Phone: 79069474

Coaches: Marvic Debono Le Prevost & Gabriel William Mamo