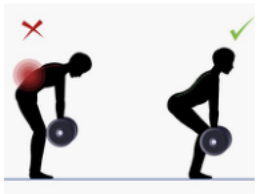
Task 1 - Outline the key aims for each of the Training Seasons.

Pre-Season	Competitive	Post-Season

Task 2 - Explain the different injury prevention methods that can be used.



Task 3 - Justify the importance of warming up and cooling down.

Stage of the warm up	Effects it has	Benefits on performance/performer
P_____		
R_____		
D_____		
S_____		
Sk_____		
Ba_____		
Exercise		

Stage of the Cool Down	Effects it has	Benefits on performance/performer
Gradually		
Reduce		
In_____		
S_____		
S_____		