

Title	Tracking Height and PB's
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Audience	Athletes, Parents & Coaches
Background	This document is based upon the author's personal opinion and is not a scientific study. Hopefully it stimulates some debate and internal reflection amongst readers.

### **Tracking Height & PB's**

It's quite common for teenage athletes to start picking up regular aches and pains as they train or compete. Often, these issues coincide with major growth spurts and happen because bones, muscles and ligaments are all growing at different rates and are under strain. It's useful therefore, to be able to identify when this happens so that parents, athletes and coaches can all work together to minimise the impact.

Someone once recommended to me that I track my daughter's height sitting and standing so that we know whether it's her legs or back that are growing. When we did this, we could clearly see that the regular ankle, knee and hip issues that she was getting coincided with a 10cm growth spurt in 12 months, most of which came in her legs. We still got reassurance from a physio, but when they ruled out a biomechanical issue we could see that it was just growth related and something that should stop soon.

### **It is always best to get any reoccurring injury thoroughly checked by a Doctor or Physio.**

Here is the tracker that we now use monthly.

Lots of people track Personal Bests on the family notice board in the kitchen. I decided to add these to the same spreadsheet on a second tab. You can get performance records from <http://www.thepowerof10.info/> and then delete the excel graphs that you don't use and expand the ones that you do.