

MIDDLE SCHOOL & HIGH SCHOOL ATHLETIC DEVELOPMENT PROGRAM

**2 WEEK INTRODUCTORY
(NOVEMBER 12&14, 19&21)
4 SESSION COMMITMENT \$80 OR
\$25/SESSION DROP IN RATE**

**WINTER 1- 8 WEEK COMMITMENT
(NOVEMBER 26-JANUARY 25)
(DEC. 24-31 CLOSED)**

1 Day/Week

\$80/month

2 Days/Week

\$155/month

3 Days/Week

\$225/month

Intro Overview

Our athletic development program will be running a 2 week introductory period that will allow coaches and participants to learn from each other. Coaches will learn each participants reason for participation and ability level. We will also begin teaching structure and flow of class. Participants will be tested for overall ability in strength, speed, power, agility etc.

8 WEEK PROGRAM OVERVIEW

The workout consists of functionally sound movement training, strength training and conditioning with a strong focus on basic and proper technique. The workout becomes progressively more challenging once basic techniques have been mastered. In a class forum we are able to build a solid athletic foundation while staying focused on each athlete's individual goals.

- **SPEED** - Acceleration, Deceleration, Linear and Lateral Movement Techniques, Running Mechanics, Footwork
- **EXPLOSIVE POWER** - Olympic Lifting, Plyometrics, Medicine Ball, Jumping & Landing Techniques
- **STRENGTH** - Functional Approach, Thorough Instruction, Focus on Upper Body, Lower Body & Core
- **CONDITIONING** - Game Ready Preparation for all Athletes.
- **FLEXIBILITY** - Myofascial Release (Foam Rolling), Various Forms of Stretching, Muscle Activation
- **INJURY REDUCTION** - Identify & Correct Muscular Imbalances, Balance & Stabilization