



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FAST. FIT. FUN!

SPORT PERFORMANCE TRAINING

TRAIN FOR ANY SPORT! Sport performance training, a 5-week program designed to help athletes excel in all sports. Participants will be taught proper lifting mechanics to help them gain overall strength and learn proper form to prevent injury. During the program, we discuss on how to engage specific muscle groups during exercise, muscle recovery time, proper spotting, as well as gym etiquette. In addition to the strength training, we will also focus on drills for agility, speed and quickness, core and reaction-time, plus resistance training using medicine balls, plyo boxes, jump ropes, ladders, resistance bands and more...

Program Goals & Focus

- *Develop speed, agility, strength & coordination
- *Improve reaction time
- *Increase flexibility
- *Weekly competitions—prizes awarded

- *Learn proper & efficient weight lifting & running mechanics
- *Reduce injury potential
- *Improve self-confidence

Program Begins: Tuesday June 11, 2019

Grade: 5th-8th Grade *(18-19 school year)*

Days: Tuesday and Thursdays

Time: 3:30-4:30pm

Fee: Members: \$40

Non-Members: \$60

Registration Deadline: Friday June 7

Limited to 20 participants

Program Ends: Thursday July 11, 2019 *(No July 4 session)*

