Athletic Performance, Speed and Agility Training for Young Athletes

Lead Instructor: Michael Ryan, ATC, CSCS

When: Every Monday and Wednesday June 14th – July 14th, 8 – 9:15 am

Who: **Athletes ages 8-17** who want to get faster, stronger and learn how to maximize his/her potential with engaging, healthy, competitive coaching

Fee: $150 (siblings $100)

Where: Spradling Field @ Athletic Center (Red Gym)

What:

- Performance Testing: “40 yard dash” "Standing Long Jump (power) and "5-10-5" (agility)
- Speed, Agility, and Plyometrics
- Core and Body Weight Strength Training
- Sports Nutrition Education

Registration by June 9th:
https://anc.apm.activecommunities.com/cityoftrussville/activity/search/detail/367?onlineSiteId=0&from_original_cui=true

Please wear appropriate athletic attire, cleats or spikes, tennis shoes, and bring water bottle each session.

Call Michael Ryan @ (205) 482-0329 with questions or to inquire about other sessions.