

SPEED AGILITY EXPLOSIVE Training for Athletes Grades 7-12



5 WEEKS

**November 30-December 30th
Monday's & Thursday's
4:30-5:30 PM**

**Get Ready For
Your
Next Season
Improve Your
Skills
for Next Year.**



Our emphasis is on teaching young athletes the fundamentals of strength and conditioning in a safe learning environment. This program is 60 minutes in length and incorporates all elements to help your high school athlete feel stronger, faster, and more powerful than the competition. Our program includes instruction in movement training, injury reduction and rehabilitation, linear and lateral speed techniques, foot speed and agility, explosive power development, proper functional strength training and energy system conditioning.

**Our certified coaching
staff ensures proper
progression over
the duration of the session.**

**Skaneateles / Auburn Y members: \$125
General Public: \$225**

SPEED

Acceleration, Deceleration, Linear and Lateral Movement Techniques, Running Mechanics, Footwork.

EXPLOSIVE POWER

Plyometrics, Med Ball Training, Jumping & Landing Techniques.

CONDITIONING

Game Ready Preparation for all Athletes.

FLEXIBILITY

Myofascial Release (Foam Rolling), Various Forms of Stretching, Muscle Activation.

INJURY REDUCTION

Identify & Correct Muscular Imbalance
Balance & Stabilization.

The workout becomes progressively more challenging once basic techniques have been mastered.

Questions?

Contact our Health & Wellness Director
Helen Williams CSCS
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