

For Students involved in Sports or interested in Personal Training

Personal Training for Sports

Objective/Goal:

45 minutes' program to minimize injuries and improve athletic performance.

Sports that can benefit from this training and exercise program:

- Basketball
- Soccer
- Volley Ball
- Swimming
- Softball
- Baseball
- Tennis



The program develops and improves skills for:

Agility / Speed / Balance / Body Control

Power / Proper Technique & Form (Minimize Injuries)

Core Strength / Upper & Lower Body

The program not only works the physical skills to improve performance and minimize injuries, it also works on the correct mindset and disposition in training helping the retention and transfer of the skills learned.

45 minutes / Tuesday and Thursday / 4:45-5:30

March 21- May 11

Fee: \$10/session

Student Name: _____ Grade: _____

Address: _____

Phone: _____

Parent signature: _____