

DESIGN YOURSELF STRONG

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SPORTS PERFORMANCE

DYS IS NOW OFFERING GROUP ATHLETIC DEVELOPMENT AND PERFORMANCE PROGRAMS

PROGRAM DETAILS:

6 WEEK GROUP TRAINING*

OCTOBER 2, 2017 — NOVEMBER 11, 2017

1HR & 15 MINUTE SESSIONS 2X/WEEK

MIDDLE SCHOOL: MON/WED 6PM

HIGH SCHOOL: TUE/TH 6PM

\$235/ATHLETE

*** GROUPS WILL CONSIST OF 4- 8 ATHLETES**

ATHLETIC PERFORMANCE PROGRAMS WILL FOCUS ON:

SAFETY, FORM, AND TECHNIQUE

STRENGTH: Full body functional training to increase relative body strength.

EXPLOSIVE POWER: Safe and effective explosive lifts and movements to increase power and rate of force production.

SPEED: Linear acceleration, deceleration, change of direction, lateral speed, and running mechanics

AGILITY: Drills and techniques to enhance foot work, foot speed and coordination.

CONDITIONING: Aerobic and anaerobic cardiovascular development.

MOBILITY/FLEXIBILITY: Various techniques of self-mobilization, self myofascial release, stretching, and activation to improve movement.

INJURY REDUCTION: Recognize and fix issues that may contribute to injury such as muscle weakness and imbalances, instability, and balance deficiencies.

NUTRITION: Education on what to eat before, during, and after competition to improve performance and enhance recovery.



Contact Samantha Robbins to reserve your spot at designyourselfstrong@gmail.com or 845-750-3456.

Spots will fill up quickly so Register early! Register before September 15th to receive one free t-shirt and a free evaluation.

