



YOUTH SPORTS PERFORMANCE TRAINING

TRAIN SMARTER. MOVE BETTER. PLAY STRONGER.



Fall Session: September 2nd - November 21st

No class on Monday, September 1st or Monday, October 13th

All programs include mobility, injury prevention, speed, agility, jumping, plyometrics, strength, power, and conditioning—helping athletes train smarter, move better, and stay injury-free. Sessions are designed to build both physical performance and confidence in a supportive, high-energy environment.

High School (Grades 9–12):

Monday, Tuesday & Thursday | 4:00 – 5:15 PM

Middle School (Grades 6–8):

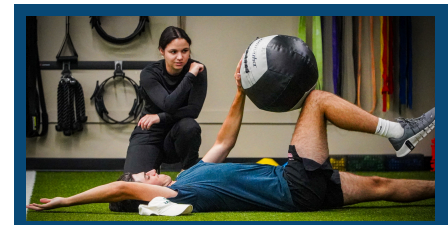
Tuesday & Thursday | 3:30 – 4:30 PM

Elementary School (Grades 4–6):

Wednesday | 3:30 – 4:30 PM

Team Training for All Ages

Private team training is available for youth, high school, and adult organizations. Sessions are customized to meet your team's specific needs.



[Register Here!](#)

For questions, contact: Jeremy Conn, High Performance Training Director, jconnstrength@gmail.com