



**SUMMER PROGRAMS**

Middle and High School students

**SPORTS PERFORMANCE  
TRAINING**



**STRENGTH. POWER. SPEED. CONFIDENCE**

**PROGRAM HIGHLIGHTS**

**SPEED** - Acceleration, Deceleration, Linear and Lateral Movement Techniques, Running Mechanics, Footwork

**EXPLOSIVE POWER** - Olympic Lifting, Plyometrics, Jumping & Landing Techniques

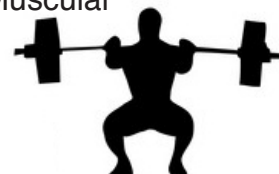
**STRENGTH** - Functional Approach, Focus on Upper Body, Lower Body & Core

**CONDITIONING** - Prepares Athletes to be Game Ready.

**FLEXIBILITY** - Myofascial Release (Foam Rolling), Various Forms of Stretching, Muscle Activation

**INJURY REDUCTION** - Functional Movement Screening to Identify & Correct Muscular Imbalances, Balance & Stabilization

**NUTRITION EDUCATION** - Lessons, Tips and Advice



**Classes start on June 7th - book NOW or stay average!**

**Contact Terry @ 337 319 2343**

or visit

**[strengthandendurance.com/summerprograms](http://strengthandendurance.com/summerprograms)**