

## Youth 6-Week Sport Training Program

Shane Beatty, Defensive Coordinator and Conditioning Coach for the Westshore Rebels, along with Dexter Janke, Linebacker with the Calgary Stampeders are offering a 6-week Sport Training Program (12-sessions) for youth ages 10 and up. The Sport Training Program will take place in the Spectrum High School gym and will run Monday & Wednesday nights from 6-7pm starting February 7<sup>th</sup>.

### **Why Sports Training?**

During this training athletes will be taught movements that will not only make them stronger, but movements that will make them a more functional athlete, which in turn will directly correlate to the success on the football field or sport of choice.



### **Sport Training Program**

\*This program is open to all youth athletes not just football players.

### **Active Warm Up**

Incorporating track movements to improve running technique. As well as exercises to improve flexibility with daily practice.

### **Spinal Mobility**

Controlled movements to gain increase mobility, flexibility and body control.

# Youth 6-Week Sport Training Program

## **10lb Plates, Medicine Ball and Band Series**

This will be a circuit that works on shoulder strength, shoulder mobility, along with core strength.

## **Pro Day Drills**

Everything that the NFL & CFL use to grade an athletes explosive power, movement fluidity, and body control.

## **Competition Drills**

Incorporating all of the skills and movement drills above. Driving the athletes to compete to best of their ability.

**Cost:** \$100 for 6-Week Training Program (12-sessions) or \$10/Drop-in. If you are paying for the 6-week program payment is required at the beginning of the first session. Drop-in payment will need to be paid at the beginning of each drop-in session. Cash or cheques accepted.

**Registration:** No pre-registration required. Athletes can just show up with runners (non-marking), comfortable workout gear, a water bottle and a positive attitude.

If you have any questions, please contact **Shane Beatty at 250.878.4560**.

