

Junior High Strength Training/Speed/Agility Opportunity Premier Athlete Training

Who: All 7th/8th Roland-Story Students

Can be in-season or out-of-season athletes

When: Tuesday and Friday mornings from 6:30-7:15

Starts Tuesday, September 1st and ends Friday, October 9th
(Session #2 will start around the first week of November)

Cost: \$30 (checks made out to Roland-Story Schools)

Where: Roland-Story High School in Story City

This is an opportunity for any 7th/8th-grade students to get high-performance sports training from Premier Athlete Training out of Ames. This is not a school affiliated activity so there will not be a shuttle bus provided in the morning other than the shuttle leaving the high school at 8:05 to bring the students over to the middle school in Roland. Locker rooms will be available and breakfast will also be available in the high school cafeteria. Below are the purpose and goals of this program.

Purpose - Through age-appropriate strength training, we will improve our athlete's mental and physical ability to compete in our athletic programs.

Goals - Improve functional strength - Improve Speed, Quickness, Agility, and Explosiveness - Improve Mobility and Flexibility - Improve Confidence & Trust in our strength and conditioning programs - Teaching proper lifting mechanics. - Improve our ability to limit injuries. - The focus will be on mobility, flexibility, and the basics of our strength program.

If you have any questions, please contact:

Darrin Berggren - dberggren@roland-story.k12.ia.us

Brian Petersen - bpetersen@roland-story.k12.ia.us

Name: _____

Grade: _____

Please return this slip with payment to the Middle School office by Monday, August 31st