

## **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 6:15 - 7:05 am

- Starts Tuesday, September 14th, and ends May 20th

**Cost:** \$100 for the year or \$40 per session (checks made out to Roland-Story Schools)

Session 1: September-November

Session 2: December-February

Session 3: March-May

You can bring form and money by Sep 24, 2021

**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. 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:

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Name: \_\_\_\_\_

Grade: \_\_\_\_\_