

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

Who: All Incoming 7th & 8th Roland-Story Students

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

When: Tuesday and Thursday mornings from 7:00 - 8:00am

- Starts Tuesday, June 8th and ends Thursday, July 22nd

Cost: \$40 (checks made out to Roland-Story Schools)

- You can bring form and money to first session on June 8th

Where: Roland-Story High School in Story City

This is an opportunity for any incoming 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: _____