

**ATHLETIC**  **REPUBLIC**

# East Valley Juniors

🌟 **In Season Training Program (2 days/week)**

- 🌟 Pre Training Performance Assessment
- 🌟 (1) Speed/Agility/Power Training Session/week
  - 🌟 60 minutes
  - 🌟 Plyometrics/Super Treadmill/PlyoPress/MultiHip
- 🌟 (1) Core/Functional Strength Training Session/week
  - 🌟 60 minutes
  - 🌟 Med. Ball/Balance/Cones/Ladder
- 🌟 Post Training Performance Assessment
- 🌟 Cost
  - 🌟 22 weeks of training
  - 🌟 44 training sessions
  - 🌟 2 training sessions/week
  - 🌟 \$499

🌟 **East Valley Juniors and AR will be holding Open House**

- 🌟 **Saturday, November 14<sup>th</sup>, 1:00 pm**

🌟 **Note:** All training session protocol, duration, intensity, and purpose will be fully customized to the individual athlete's age, gender, ability, and sport. All training sessions include a 15 minute active dynamic warm up completed before the 60 minute session to enhance flexibility, coordination and prepare the athlete for the training session.