

Youth Athlete Development

This program will consist of agility, speed, and athletic movement pattern training as well as some body weight strength training. We will include some game play that requires agility and speed and makes this class fun and interactive!

Our goal is to decrease the potential of injury for your athlete while we guide them to work harder and smarter to become a better athlete.

Enroll Now! \$49 per month.

We offer both individual training at our normal training pricing and the Youth Athlete Development Class. Class times do change so please call to inquire.

Call for current class times or one on one appointments.

Here is the process we take every athlete through.

Our methods have been tested on hundreds of athletes from high school to NFL and have proven to increase performance and decrease injuries.

By using the Optimum Performance Training (OPT) model from the National Academy of Sports Medicine you will follow a systematic, integrated and functional training program that simultaneously improves an individual's biomotor abilities and builds high levels of functional strength, neuromuscular efficiency and dynamic functional flexibility.

801-876-2360

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1) Joint by Joint Assessment



2) Corrective Exercise/ Dynamic Mobility



3) Lateral Speed Ladders & Cone Drills



4) Power Training



5) Linear Speed and First Step Speed



6) Strength Training



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