

Ath**ELITE** PERFORMANCE

What: Sports Performance Training

Where: Platte City in front of Votech

Pricing: \$10/Ath**ELITE** per session

Times: Beginning April 10th

Tuesday – 6:30pm-8:00pm (3rd-5th Grade)

Thursday – 6:30pm-8:00pm (6th-8th Grade)

Sunday – 5:00pm-6:30pm (3rd-5th Grade)

Sunday – 6:30pm-8:00pm (6th-8th Grade)

Additional dates and times may be available. Please contact Zach for more information.

Training Includes: Ath**ELITE** Performance Training includes Speed & Agility, Teaching of Proper Running and Change of Direction Techniques, Quick Twitch Muscle Training, Explosion, Acceleration, Deceleration, Plyometrics, Upper & Lower Body Strengthening, Core Strengthening, INJURY PREVENTION and MORE...

Contact:

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[www.Ath**ELITE**performance.weebly.com](http://www.AthELITEperformance.weebly.com)