



PROGRAMS AVAILABLE

Sport Ready

This training program is a specific program based on the Excelsior Sports Training (EST) philosophy and designed by experts in the athletic developmental field for the aspiring youth to junior high athlete or an athlete returning from an injury. The athlete will improve and develop *movement skills, body mechanics, balance, coordination, flexibility, speed, agility, footwork, reaction time, core strength, power, endurance, jumping skills and injury prevention*. **The program lasts 8 weeks consisting of 2 (1 hour) sessions per week. COST: \$240 per athlete.**

Foundational Strength

The ability to apply force is the basis for speed and power. This program is designed to build a broad general strength foundation for more specific work and heavier weight training to follow. It is based on the principle the athlete must be able to handle their body weight before using significant external resistance. The athlete will learn and master *proper warm-up for strength training, effective control of bodyweight in all planes of motion, jumping and landing mechanics, core strength and stability, proper squatting, lunging technique and Olympic lifting movements*. **The program lasts 8 weeks consisting of 3 (1-1.5 hour) sessions per week. COST: \$350 per athlete.**

Sport Specific Warm-up Routine (TEAM PROGRAM)

This sport specific program is designed to prepare the individual/team for the start of the practice and competition. The focus of the program is to *elevate the heart rate, raise core temperature, dynamic flexibility, joint mobility, strength training, stimulate the central nervous system, body mechanics and injury prevention*. **The program lasts 6 weeks consisting of 2 (1 hour) sessions per week. COST: Call for Team Cost.**

Sport Specific Fit to Play (TEAM PROGRAM)

This is a more detailed sport specific training program. It is focused on individual weaknesses; improving specific fitness levels and position-specific needs. It is designed as a preseason program to prepare the athlete for the upcoming season. The athlete will improve and develop *active warm-up, specific speed drills, specific agility drills, functional strength, functional flexibility, sport specific conditioning, effective cool down activities, practical recovery/regeneration techniques*. **The program lasts 8 weeks consisting of 3 (1-1.5 hour) sessions per week. COST: Call for Team Cost.**

