

# ATHLETE 101

*Training the next generation of athletes.*

It all begins here. The start of a positive athlete experience is built on the foundation of physical development. **Athlete101** is a high energy, active training program that builds the fundamental qualities of an athlete. Fuel, strength, coordination, and athleticism enhance the future athlete's ability to learn and develop higher level sport skills. Designed for ages 9-12, **Athlete101** training and coaching points are targeted toward specific objectives:

**Improve athleticism**

**Increase speed and change of direction**

**Develop functional strength**

**Enhance athlete mentality**

**Establish tools for accelerated skill development**

**Athlete101** is an 8 week program that trains 1x per week for 60min. Coach interaction, training homework and parent discussions are all an integral part of the program. Athlete101 will deliver the necessary training experience for the individual looking to become an athlete. To register and for more info contact Director Kris Lewandoski.

**Age:** Boys and Girls Ages 9-12

**Time:** 5:30pm

**Fee:** \$89.00 / \$15 Drop In (8wks, register for 1x day per week)

**Locations:** Force Sports – Rocky River and Richmond

**TO REGISTER:** visit [www.TrainatForce.com](http://www.TrainatForce.com)

Start Dates listed below. Register at any time, get prorated to the end of the session. See website for complete schedule.

## **Rocky River and Richmond 2017 - 18**

	Monday	Thursday
Session #1	9/11 – 10/30	9/14 – 11/2
Session #2	11/6 – 1/15	11/9 – 1/18
Session #3	1/22 – 3/12	1/25 - 3/22
Session #4	4/9 – 5/21	4/12 – 5/31
Session #5	6/11 – 7/30	7/14 – 8/2

**No Training Weeks: 11/20, 12/25, 1/1**

## **About Performance Central**

Led by Director Kris Lewandoski, Performance Central is a specialized team of professionals who are unified to work relentlessly in the pursuit of accelerated athlete development. Their ability to identify and train the physical traits of an athlete is driven by their passion for engaging the individual to get better every day. The result is a training environment second to none and one that strengthens their single focus toward training athletes – **PREPARE TO COMPETE**