

Youth Speed and Athletic Movement Clinic (ages 9-13)

Specialized clinic for advancing young athletes

Two Day Clinic March 6th and 7th 1-3pm at

Andover Community Center

Some of the greatest gains in athletic development occur prior to puberty. This is a critical time for athletic development due to the accelerated adaptability of the nervous system. Now is an important time to develop muscle coordination, athletic movement, and jumping and sprinting skills and techniques. This clinic teaches correct functional movement patterns and how to execute them in a very clear and simple format using fun drills and games.

Clinic includes:

-Testing and measurement of:

Jump Height, Long Jump, Agility, Sprint Speed, Core, Upper and lower body strength and explosiveness

-Instruction of correct functional movement patterns which will be broken down into simple steps with fun drills, targeting the following:

Starting power, stride length, arm carriage, swing and foot strike for running and speed.

Multi-directional cutting, deceleration, acceleration and first step quickness.

Jump mechanics, safe landing, loading, arm swing, and use of explosive power.

Correct use of exercises for increasing core, upper and lower body strength.

Quickness and reaction time drills

- A report will be mailed after the clinic providing the following:

The athlete's test and measurement results

Evaluation of the athlete's strengths and weaknesses

Recommended drills and exercises for improving the athletes areas of need.

Parents must check athlete in at 12:30 on 3/6/10 !

More information at VantageSportsPerformance.Com (click on Strength and Conditioning logo) or call 763-202-6009

Athlete's name _____ Birth Date _____
Parent name _____ Phone number _____
E-mail _____ Address _____

Please mail check for \$43.00 and bottom of this form to:

Vantage Sports Performance
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