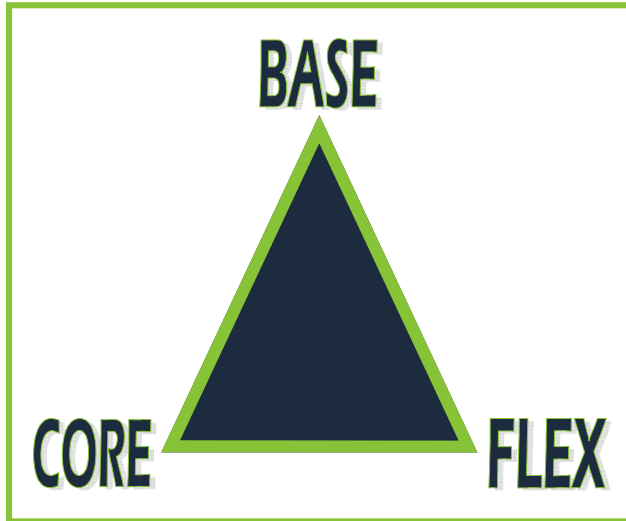




## TRAINING PRINCIPLES OF GENERAL ATHLETIC TRAINING



### 3 TRAINING PRINCIPLES:

**FLEX:** *FLEXIBILITY is a key component to an athlete's ability to be more durable and use all the potential available to them physically.*

**CORE:** *The athlete's CORE (mid-section) is essential in the strength development, stability and overall athletic abilities.*


**BASE:** *The BASE development has to do with the footwork and leg-angles in which the athlete performs at.*

### Sign-up Today for the next training session:

- Training sessions available Tuesday and Thursday
- Tuesday October 11th - Thursday November 3rd.
- Tuesday November 7th - December 2nd.
- 6th grade and below 4:30 p.m. - 5:30 p.m.
- 7th grade and above 5:30 p.m. - 6:30 p.m.

Sign up for both sessions at a discounted rate.

**"TRAINING IS PREPERATION FOR THE NEXT WIN"**

 *Our mission is to teach the main athletic principles to all current and future athletes. We promote a healthy, durable and fundamentally sound athlete.*