



**BETTER TRAINING,
BETTER ATHLETES**

TRAINING FOCUS:

- Strength
- Speed
- Agility
- Core Strength
- Injury Prehab
- Power
- Conditioning
- Confidence

Woodsboro New Midway Rec
Winter Performance Training

Explosive Performance has worked with Woodsboro New Midway Rec to design a customized training program for your athlete. Our program is based on sport science research that will enhance the durability of your athlete to stay healthy and injury free. This program features a 1:10 coach to athlete ratio to ensure proper form while improving athletic performance and preparing for spring sports.

Where: OneLife North Frederick off Rte 26

Who: Open to all surrounding community athletes

Age: 9-12 (exceptions may be made for slightly younger/older within reason, please ask)

When: Starting Week of Nov 20th

Mondays 7:00-8:00pm

Saturdays 11:00am-12:00pm

Length: Five weeks (total of 10 sessions - one weekday evening & Sat)

Cost: \$79 (check payable to WNMRC)

Registration: Email wnmrcfitness@wnmrc.org

!!!Please Read!!!

Class size is limited. Monday evening listed above is almost full. Please email wnmrcfitness@wnmrc.org as soon as possible if you want to sign up. Please provide what evenings your athletes are available and include ages. I will start to record athlete availability so collectively we can work with OneLife to open another time slot.

Please send questions to wnmrcfitness@wnmrc.org

For more information contact
EP Director, Chris Campbell at
ccampbell@sportandhealth.com.

