The years between the ages of 9 and 12 are crucial for the development of a young athlete’s life where they are capable of developing sound motor skills and movement patterns that are paramount in maximizing future athletic potential. Training which focuses on developing strength and agility in these young athletes and most importantly, teaches fundamentals for movement patterns to minimize the risk of injury. The body is extremely receptive to kinetic development at this age and therefore should be taken advantage of in developing simple movement patterns that have a high carryover to long term athletic development and performance.

**FAST Program Highlights Include:**

- Proper functional movement patterns to improve athletic performance and long-term athletic development
- Optimal running technique to improve speed and eliminate poor movement patterns
- Proper change-of-direction techniques to maximize performance and minimize risk of injury
- Maximizing acceleration and eccentric strength, helping change of direction
- Agility, core stability and the overall mobility and flexibility to enhance athletic performance and quickness
- A safe and fun environment with supervision from certified and qualified performance specialists

**4 Week Programs**

Participants will be divided into small groups by age.

Sessions are designed and led by certified strength and conditioning coaches.

**REGISTRATION MUST BE COMPLETED PRIOR TO 1st SESSION**

LOCATION: UNK, Wellness Center 2nd Floor Physical Activity and Wellness Lab

**CLICK HERE TO REGISTER TODAY!**

For more information contact Jon Larsen

308-865-8336 or larsenj@unk.edu

Certified Strength and Conditioning Coach with over 24 years of experience, Jon Larsen will create and oversee the exercise programs.