Many experts view the ages of 13 - 18 as the most ideal age for developing speed, strength and power over an athlete's entire lifetime. It is the time to focus on the detailed, but critical specifics that are the basis for athletic success.

The goal of the PERFORMANCE Teens program is to increase athletic performance by improving speed, acceleration and deceleration, quickness, multi-directional speed and agility, strength, and power. 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. This is not a conditioning program, most teens are already overreaching in sports, this program is designed to focus on techniques to enhance performance and decrease risk of injury by developing core strength. Team conditioning programs available with 8+ players committed.

**PERFORMANCE Program Highlights Include:**

At this level, programming is broken down into an individual focus per session in a safe and fun environment with supervision from certified and qualified performance specialists.

- **Linear Speed:** Acceleration and top-speed running techniques.
- **Change of Direction:** Agility and ability to decelerate and move in any direction quickly.
- **Upper and Lower Body Strength:** Strength training exercises for muscle development and injury prevention.

**4 Week Program**

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.