



High Performance Youth Fitness Program Fitness, Agility, Strength Training (FAST)

FAST is a supervised 16-session program for athletes, ages 8 to 12. FAST focuses on improving strength, speed, quickness and coordination through supervised weight training, core strengthening, and plyometric and speed workouts.

6 to 7 p.m.

Tuesday and Thursday, April 5 through May 26

Great River High Performance, Center for Rehab and Clinics

1401 W. Agency Rd., West Burlington, Iowa

Cost: \$160

What should I expect during the workouts?

Each session will last one hour. The first 10 minutes will be a warm-up, followed by 20 minutes of supervised weight training and 20 minutes of plyometric training. Each session will end with a cool-down and stretching.

How do I progress in my training?

The High Performance staff will progress each athlete individually, depending on his or her performance throughout the workouts.

What should I expect during the first workout?

Each athlete will undergo a strength and flexibility evaluation. Other tests include:

- 40-yard dash
- Cone drills
- Medicine ball toss
- Standing long jump
- Vertical leap

Participants will be tested again at the end of the program.

Other Clinics and Camps

Jump Training Camp

9:30 to 11 a.m.

Monday, Tuesday and Thursday, June 27 to Aug. 4

The Jump Training Camp is a supervised six-week program for athletes ages 12 to 18.

The camp is designed to improve explosive power through supervised weight training, core strengthening, and plyometric and speed workouts. Workouts will focus on agility, dynamic warm-up, jumping, quickness, speed conditioning and sports-specific training. Cost: \$240.

Speed and Agility Camp

Monday through Thursday, July 25 to 28

The Speed and Agility Camp is designed for athletes ages 12 to 18. This supervised camp is designed to improve speed and agility through dynamic warm-up, quickness and footwork drills, speed conditioning and sports-specific training. Cost: \$45.

Soccer Skills Speed and Agility Camp

Monday through Thursday, July 25 to 28

The Soccer Skills Speed and Agility Camp is designed for soccer players, ages 12 to 18. This supervised camp focuses on improving soccer skills, agility and speed. Cost: \$45.

For more information, please call High Performance Supervisor Chris Reed at (319) 768-4112.



**High Performance
Program**

A service of Great River Medical Center