

BigTime Athletic Development *Sports Training Program*



Where: BigTime Athletic Training Facility

Located in Boulder-call for directions!

Goals of the Program To improve the overall athletic ability of the junior high level athlete. Our programs are adapted to the age and level and sport of every athlete.

Every athlete gets top training in speed, agility and quickness. BigTime strength training is appropriate for this age group with an emphasis on core training, This is a great age to get kids involved in a program that will prepare them for the future in high school and/or any club sport they may be involved in-even college!

Who can participate? Any girl or boy that wants to start working on becoming a better athlete. Quicker stronger, faster-more athletic! Teams and groups are encouraged.

Cost: Approx. \$25 session for individuals. Minimum of 8 sessions pre paid. Discounts if pre pay 2 or 3 months. \$10-\$15 for teams/groups. Ask for team pricing if needed.

What is the program :

- 1. Warm up and stretch:** 10-15 minutes of a structured program of dynamic stretching and warm up.
- 2. Speed training and plyometrics:** With this age group we introduce plyometrics and speed exercises that will improve speed and quickness and overall athletic ability.
- 3. Strength training:** Strength training for this group involves a good overall program that covers everything and concentrates on developing core strength and balance. We do circuit training that involves a lot of body exercises and core training. Sports specific drills, competitions and games are all used to complete the training. There isn't a better program for this age group if they want to be a successful athlete!

How can you sign up?

Contact Brian Blackwell email: bigtimead@msn.com phone: (303) 517-5855
Feel free to ask any questions. Ask for team pricing if needed.