

# *BigTime Athletic Development Youth Program*

## Youth training program:

**Where:** BigTime Athletic Training Facility

**Goals of the Program** Introduce to 10-11 year old athletes a workout program that is adapted to their age and fitness level. Teaching form on running, and young athletes to speed, agility and quickness training, Some strength training appropriate for age group with an emphasis on core training. This is a great age to get kids involved in a program that is fun, challenging and safe!

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

**Cost:** \$15-\$20 per session for individual. Minimum of 8 sessions pre paid. Discounts if pre pay 3 months. 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 concentrate on form for running and introduce plyometrics and speed exercises that are low impact and safe for the age group.
3. **Strength training:** Teaching kids form and proper use of equipment. The program for this age group is very basic with some weight training and an emphasis on core training and balance . Sports specific drills, competitions and games can all be used.

## How can you sign up?

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