

# Athlete TRAINING Middle School



**First Learn to Train, then Train to Perform.** Level 2 in our Athlete Foundations Program the Middle School Athlete Training Program is **designed specifically for male and female athletes in grades 7 and 8.**

This program is designed to teach athletes proper training techniques. Teaching athletes how to train properly for strength, power and speed in grade 7 and 8 can provide a big advantage for them in the high school years by providing a **superior foundation of athletic ability, training knowledge, body awareness and technical skills.**

This not only allows them to train at a higher level than their inexperienced peers, but also elevates the level of safety that comes along with knowing how to train properly.

## **WHAT IS THE DIFFERENCE BETWEEN THIS PROGRAM AND PLAYING ANOTHER SPORT?**

We highly recommend athletes in middle school play a variety of sports to help develop overall athleticism and something we are big advocates of.

**Sport itself is a test of athletic ability.** Our objective is to provide these young athletes with more resources to allow them to better express this athletic ability during their sport which can also help them enjoy sport more and stay in sport longer. This is a key stage in the long-term athlete development model.

## **PROGRAM COST**

Program operates on packages of training sessions. Sessions are valid for 6 months.

- 4 Training Sessions .....\$64.00+HST
- 10 Training Sessions ....\$149.00+HST
- 20 Training Sessions ....\$240.00+HST
- DROP IN.....\$20.00/session +HST

## **TRAINING SCHEDULE**

- Monday | 6:30pm
- Tuesday, Thursday, Friday | 5:00pm
- Saturday\* | 11:00 am

\*Saturday morning sessions are a combined Foundations Program Training Session with our Middle School Athlete Training Program.

For more information please email [justin@depthtraining.ca](mailto:justin@depthtraining.ca)

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