



Youth Sports Specific Training Program

T⁷ Fitness is providing a youth sports program in Elkhorn, Nebraska. The program is designed for young athletes who need to gain an edge athletically and strive to be the best.

This T⁷ Fitness program is designed for male and female athletes in 5th-12th grades involved in all sports.

The training program's only goal is to create **GREAT ATHLETES**. By creating great athletes we give sport coaches the ingredients they need to develop great players! Our approach to developing great athletes is to first develop all of the attributes every athlete needs; stability, mobility, agility, strength, and power. We develop these skills utilizing the latest training tools such as (Body Weight, Swiss Balls, Resistance Bands, Med balls, Dyna-discs, Bosu balls, Kettle Bells, etc.) Only after these attributes are developed do we progress to sport specific training.

This progressive approach ensures a *developmental* approach to training that ensures safety and success!

By completing the program, each athlete should expect increases in:

- Speed, power, and agility
- Vertical Jump
- Balance and coordination
- Athleticism
- Flexibility
- Injury prevention
- Self Confidence



T⁷ youth sports program is designed and implemented by NSCA-Certified Strength & Conditioning Specialist Troy Watchorn, former Husker free safety.

- 10 plus years of playing and coaching experience.
- 8 years of developing and implementing youth sports programs in Nebraska and Colorado.
- Yearly continuing education through NSCA research of cutting edge training techniques.
- 2001-Current, NSCA-Certified Strength and Conditioning Specialist, and NSCA/NASM CPT
- 2005 Trainer of the Year, 24 HR Fitness
- Graduated in May, 2001 with a degree in Exercise Science
- 2000 Tom Novak Nebraska Senior Award

Program information: (See below for contact information)

To register or for more information about the program contact:
Troy Watchorn, t7fitness@gmail.com, 402-350-5178