



Summer Program 2011

By completing the 10 week program, each athlete should expect increases in: **Vertical Jump, Speed, Power, and Agility, Balance and Coordination, Athleticism, Flexibility, Injury Prevention, and Self Confidence**

Program information:

Pre-testing: June 4, 2011 - 8 am-12 pm

Program duration: June 6, 2011 through August 12, 2011

2 day/week programs: Select 1 set of days/time

Days: (Monday/Thursday or Tuesday/Friday)

Times: 5-6th grades - 8-9 am or 10-11 am

7-8th grades - 9-10 am or 11 am -12pm

Location: Common Ground, Elkhorn, NE

Post testing: August 13, 2011 - 12 pm-5 pm

Registration Deadline: May 28, 2011



NOTES:

*20 kids per slot maximum

*Pre-registration required

*No training on Monday July 4th, 2011

*Test out at selected program time on Saturday, June 4th, 2011

Testimonials

Trevor has really enjoyed the summer program. He has been able to tell a difference as he played baseball this summer and has now began football practice. You've done a great job of integrating specific drills/exercises with some fun activities like dodgeball. Even fun activities like dodgeball help improve lateral quickness. I hope you will continue this program as I've indicated to others the benefits I see thru Trevors participation.

Jason G.

Chris has been involved in Troy Watchorn's Strength and Conditioning programs for a year now and we've seen tremendous growth in his athleticism. It has made him not only a better athlete, but a better person. Troy is a great role model for these kids and translates that into his program. After Chris first session, he saw increases in his vertical jump, and bettered his speed in the 10 yard dash and pro-agility-right and left. Chris was one of Troy's top performers during the summer of 2010.

Lisa H.

I placed my son in Troy's program last summer. To that point, my son, who was 14 years old at the time, had been doing minor weight lifting at the gym and also at the high school. He was a little above average strength-wise for his size and age, and I thought that Troy could probably help him to get a little stronger and in better condition for football in the fall. Was I ever surprised. My son saw huge gains in his vertical jump and strength over that period, and saw his agility times and 40 yd. dash time decrease significantly. Even more so, he asks often when he can do the program again. It was money well spent. Troy's program not only works toward improving strength, speed and agility, but focuses on injury prevention and strengthening areas of the body that are more prone to serious injury. The program is designed for kids from 5th to 8th grade. I just wanted to share with any of you who are looking for programs to help your child's strength, performance and confidence, etc.

Sincerely,

Todd Jakopovic, President Elkhorn Attack Youth Basketball & EVW Youth Football

**To Register or for more information contact:
Troy Watchorn at 402-350-5178 or t7fitness@gmail.com**