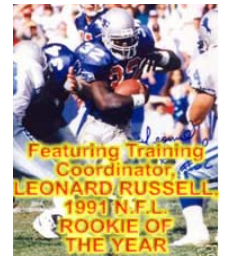




ADRENALINE

ATHLETIC TRAINING

TRAINING SYSTEM



Youth Training

(Grades 3rd – 6th, must be 8 years old)

The aim of the Adrenaline Athletic Youth Training program is to lay a solid foundation for future sports participation. The emphasis during these one hour sessions is to improve coordination, balance, and overall fitness. Athletes are instructed on basic mechanics of running, agility, and footwork while utilizing various pieces of training equipment such as agility ladders, mini-hurdles, and agility cones. Low-intensity strength training is also employed using the athlete's own body weight, as well as medicine balls and resistance bands. This structured training provides a great starting point for any young athlete with aspirations to play in the future.



Junior Varsity Speed and Agility Training

(Grades 7th and 8th)

The Junior Varsity sessions provide the transition between youth and varsity with the introduction of basic strength training principles, as well as more advanced and sports-specific movement training. Building on the teachings of proper running mechanics and form, the junior varsity sessions begins to progress the athletes toward more advanced levels of performance. Technique is the highest priority and that allows for the athletes to utilize the entire range of the Adrenaline Training System. With a combination of speed and agility movement training and basic strength training and plyometrics, the athletes gain better motor control as well as better strength to improve performance and reduce the risk of injury.



Varsity Speed and Agility Training

(Grades 9th – 12th)

The Varsity Speed and Agility training classes are designed for the high school age athletes seeking to maximize performance. Utilizing a combination of speed, acceleration, and agility drills coupled with power and strength exercises, athletes are able to reach their fullest potential, while reducing the risk of injury. During the 1 hour training session there is a 10 minute dynamic warm-up that is followed by 20 minutes of sport specific movement training for one of the three categories (velocity, acceleration or agility). Following the movement training is a 25 minute total body weight routine that incorporates power exercises and plyometrics, as well as total body strength movements. The session is concluded with core work and a quick total body flexibility routine.



Elite Training

(College & Professional)

The Elite Training Program is designed for the collegiate or professional level athlete who is aspiring to reach the next level of personal sports performance. Elite level training is a full time, 4 day per week minimum commitment. Training sessions are conducted in small group setting with personalized programs based on the athlete's needs, goals, and sport requirements. Sessions are two hours long and are segmented into 4 parts: Warm-Up, Movement, Strength and Flexibility.

