

MEET OUR TRAINERS

Sonia Kraft

Sonia grew up in Ardoch, ND where she participated in high school basketball, volleyball and track. She played both volleyball and basketball during her college years at UMC and Mayville State University and received All American honors in basketball at both universities. Sonia holds a Bachelor of Science degree with minors in coaching, health and early childhood and a Personal Fitness Training Certification through NETA. She stays busy with one-on-one and group personal fitness training, teaching group fitness classes and conducting sport-specific clinics. Sonia is married and has two boys. They live a very active life. She is very passionate about health and wellness and just plain loves working out. She would like people to think of working out as a part of their everyday lifestyle. As a trainer, Sonia is here to motivate and help in any way she can. Variety is key to success and having fun. *"Motivation is what gets you started. Habit is what keeps you going"* – Jim Ryan

Krystal Torres

Krystal graduated from New Mexico State University with a B.A. Degree in Kinesiology with an Exercise Science focus and is currently working on a M.S. Degree in Kinesiology at UND. She holds a Certified Exercise Physiologist certification through ACSM and is a LIVESTRONG at the YMCA Certified Instructor. A four-year letter winner in Varsity Volleyball and one-year Varsity Basketball, Krystal received 2008 Division I AVCA All-American (HM), All-West Region, and 2008/2007 First Team All-Conference and 2006 Second-Team All-Conference (Western Athletic Conference) selection. She coached Division I Volleyball and UND for 2 1/2 years and one season with Hawaii Pacific University (Division II). Krystal has competed in NCAA tournaments and has participated in Olympic tryouts. She also holds several NMSU Volleyball records. Krystal is a key member of our Fitness Center Team at the Y and works hard to keep our facility in shape and our members motivated.



MEET OUR TRAINERS

Michael Bonewell

Michael is a graduate of UND with a B.S. Degree majoring in Physical Education, Exercise Science & Wellness and a minor in Coaching. He interned with the UND Basketball, Volleyball, Football, Track & Field and Softball teams for three years and also has a background in Olympic Weight Lifting and working with collegiate athletes. Mike has worked with other YMCAs working with youth camps and adult activities. He holds a Personal Trainer certification through NETA, a LIVESTRONG at the YMCA Instructor certification, SilverSneakers certifications, and current CPR & First Aid. Mike played for the men's Rugby team at UND and coaches and plays with a local league.

Matthew Torgerson

Matthew grew up in East Grand Forks, MN where he participated in baseball, football and hockey. He played football for Mayville State and completed a B.S. Degree majoring in Kinesiology at UND. Matt interned at Grand Forks Central High School with the strength and conditioning program and currently coaches baseball at East Grand Forks High School and football at Red River High School. He also wears many hats at the YMCA, attending the Fitness Center, assisting the LIVESTRONG at the YMCA program, the YMCA Parkinson Wellness program, and YMCA Youth Sports.



FASTER STRONGER BETTER

YMCA ATHLETIC PERFORMANCE TRAINING CLINICS



ALTRU FAMILY YMCA
Grand Forks, ND

YOUTH STRENGTH TRAINING

Develop lifelong strength training techniques and enhance your sports and activities. Youth Strength Training includes general and individualized muscular strength conditioning for general athletic performance and sport-specific activities including:

- Proper form and technique.
- Injury prevention and safety.
- Age-appropriate exercises.
- General and sport-specific exercises.
- Gradual progression.



Ages Approx. 11+

Tuesday/Thursday: 3:00 - 4:00 pm

Sessions: June 8 - July 3 July 6 - 30 August 3 - 28

Members \$80/session; Non-members \$100/session

Trainers: Mike Bonewell & Matt Torgerson

VOLLEYBALL SKILLS TRAINING

Classes are skill-specific, including overall general and position-specific skills. General skills include:

- Passing
- Digging
- Serving
- Attacking
- Blocking



Ages: Approx. 14 - 18

Available by appointment.

Trainer: Krystal Torres

SPEED TRAINING FOR YOUNG ATHLETES

This program is appropriate for competitive and recreational athletes age 7 - 18+. Designed to inform, educate and motivate young athletes to reach new levels in their training this course will help take their game to the next level. Appropriate for all sports. Curriculum includes:

- **A dynamic warm up with flexibility:** primes the neuromuscular system for required work, increases body temperature and decreases risk of injury.
- **Balance training:** builds a strong foundation and helps improve joint integrity.
- **Core training:** 60% of your power is generated from your core.
- **Joint integrity and strength training:** strengthen the stabilized muscles around the joints to protect them from injury and to create power.
- **Plyometrics:** during the eccentric phase the joint is loaded and the stretch reflex is engaged. The concentric phase is the push to explode off the ground.
- **Agility, speed and quickness:** using proper technique to become quicker, faster and more agile.
- **Sprint conditioning:** quality, proper form and technique are important; performed at the end of the training session.

If you want to be great, you are going to have to work hard. Even naturally talented athletes need other factors to determine success:

- Information.
- Motivation.
- Work ethic and desire.
- Hunger, heart and a good head.
- Opportunity.
- Have fun!



Monday/Wednesday: 2:00 - 3:00 pm Age 12 and under (approx)

Monday/Wednesday/Thursday: 2:00 - 3:00 . . . Age 13 and over (approx)

Sessions: July 6 - 31 August 3 - 28 September 9 - October 7 (SCHED TBA)

2-day schedule: Members \$80/session; Non-members \$100/session

3-day schedule: Members \$120/session; Non-members \$150/session

Trainer: Sonia Kraft

YMCA SUMMER ATHLETIC PERFORMANCE CLINICS



Schedules are subject to change. Please visit our web site or call us for information on options for private athletic and personal fitness training options as well as clinic updates:
www.gfymca.org / 701-775-2586 / contact: Patti McEnroe