

MEET YOUR TRAINER



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*



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FASTER STRONGER BETTER

Speed Training for Young Athletes



SUMMER 2017
ALTRU FAMILY YMCA
Grand Forks, ND

SCHEDULE

Session 1: June 5 – 28

Session 2: July 3 – 26

Monday & Wednesday

1:30 – 2:00 pm / Mini Gym
Agility/Speed

2:00 – 2:30 pm / Group Exercise Studio
Strength: bodyweight, core & free weights

Session 3:

July 31 – August 18

Monday, Wednesday & Friday:

July 31, August 2, 7, 9, 11, 14, 16, 18

1:30 – 2:00 pm / Mini Gym
Agility/Speed

2:00 – 2:30 pm / Group Exercise Studio
Strength: bodyweight, core & free weights

Registration

**Register at Y Member Services or call
701-775-2586.**

Fee Per Session:
Members \$40 / Non-members \$60



SPEED TRAINING FOR YOUNG ATHLETES

Summer 2017

This program is appropriate for competitive and recreational athletes age 10 and up in any sport. 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. 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!*

Trainer: Sonia Kraft

