

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FASTER STRONGER BETTER



We are pleased to announce **Matthew McCreary** as our new **YMCA Sports Academy Sports Acceleration Coach**. Matthew is from Grand Forks and was a football player and track athlete in high school. He went on to UND and ran track while receiving his bachelor's and master's degree in Kinesiology. Matthew is a Certified Personal trainer as well as Certified Exercise Physiologist through American College of Sports Medi-

essential compound movements that your athlete will need to improve their sports performance. Resistance training in youth can result in increased bone density, healthier body composition, and enhanced performance with motor skills, which can lead to increased sprint speed and vertical jump performance. This is for ages 11+.

Curriculum includes:

A dynamic warm-up including balance training

Prehab Exercises

Movement Progression Training

Core Training

Compound Lifts

Olympic Lifts

Push Up Variations

Tabata Conditioning

Upper and Lower Body Plyometrics

Cooldown Stretch with Foam Rolling

Session 1: August 10th - August 19th

T/W/TH Session 5:30 PM

Cost: \$60 for the 6 practice session

