

SPEED • AGILITY • OVERALL PERFORMANCE



Sports
Advantage

Spring Sports Preseason Athletic Movement Training

February 23 - 26, March 2 - 5 • 4:30 to 5:30 PM • \$75

Prepare your body for the demands of the spring sports season with our Spring Sports Preseason Athletic Movement Training program. This program is designed to help athletes move more efficiently, react faster, and enter the season confident, strong, and game-ready. For ages 8-18.

WHAT WE OFFER

Sprint Technique & Speed Development

Athletes will learn and refine proper sprint mechanics, with focused instruction on explosive starts, powerful drive phases, and efficient top-end speed, helping improve acceleration and overall running performance.

Speed, Agility & Movement Preparation

Develop first-step quickness, lateral movement, and total body control through progressive drills that translate directly to spring sport performance.

Change of Direction & Acceleration Training

Improve the ability to start, stop, and change direction efficiently—essential for sports requiring quick reactions, field coverage, and positional awareness.

Explosive Power Development

- **Sprint Starts & Short-Distance Speed:** Enhance acceleration for base running, breakaways, and defensive positioning.
- **Jump Training (Broad & Vertical):** Build lower-body power to support sprinting, throwing, hitting, and overall athleticism.

Coordination & Athletic Movement Skills

Improve balance, footwork, and movement efficiency while helping reduce injury risk as athletes transition into the competitive season.

WHY TRAIN WITH US?

The Spring Sports Preseason Athletic Movement Training program helps athletes enter the season faster, stronger, and more confident. With expert coaching and progressive, technique-driven training, athletes build a solid foundation for peak performance when it matters most.

Coach Adam Sorum

Certified Personal Trainer; Certified Medical Fitness Specialist; BS Degree Exercise Science, Wellness, Phys Ed

Altru Family YMCA

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