

Great Summer Opportunities for Teens at the Whitin Community Center

SPORTS READINESS

Dates: July 17, 19, 24, 26, 31 and August 2, 7, 9
Days: Tuesdays and Thursdays
Times: 5:00-6:00pm for session 1 (6th-8th) 6:00-7:00pm for session 2 (9th-12th)
Ages: Young Adults entering 6th-8th grade in Fall in session 1 and 9th-12th grade in session 2
Cost: \$100 for full members; \$150 for non-members
Registration: Register at the Whitin Community Center, 60 Main Street, Whitinsville
Members can register beginning May 29th
Non-Members can register beginning June 4th

Description: This is a four-week co-ed strength and fitness course to guide and prepare young adults (entering 6th grade - 12th grade) for their upcoming sports season. Participants will meet twice a week for 1 hour per session. This will not be sport specific but instead the focus will be on core related strength training utilizing medicine balls, kettlebells, etc. Plyometrics and agility drills will be a part of this training along with other aerobic activity. You will be provided a schedule of workouts to do at home on a weekly basis to complement the twice a week sessions. A log will be given to each person to track his or her effort over the four-week course. At the end of the four-week course attendees will be given recommendations for how to continue the program as well as tips for all around training. This course is not meant to be a four-week crash course on getting in shape, but is meant to provide lessons on how to develop a training program that is gradual and realistic, but intensive enough to prepare young athletes for their upcoming sports season. Each participant is asked to bring water and to wear running shoes to each session. Proper shoes for running, jumping, & bounding is essential to prevent injuries.

Instructors: This program will be led by Michael Elster, current Sutton High School Boys Varsity Soccer Coach and Track Coach, 2007 adidas US Youth Soccer Boys Competitive Coach of the Year, and CMSCA Division 3 Soccer Coach of the Year for 2010 and 2011. He is a former triathlete and participated in soccer, track, and tennis in high school and college. Assisting Coach Elster will be some of his current and former male and female athletes currently participating in high school and college athletics.