



ACADEMY CLINICS WEEKLY SCHEDULE

Spring Quarter: 3/1/24

***SUBJECT TO CANCELLATION *RESERVATION REQUIRED *SPACE IS LIMITED *NO WALK-INS**

Facility Hours (subject to change):

9am - 9pm

9am - 9pm

9am - 9pm

9am - 9pm

9am - 7pm

9am - 1pm

Sport Performance		Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ballplayer Academy (Baseball/Softball)	ArmCare PowerBat PowerBat	MS/HS/C Prep MS/HS Prep HS/C Prep				5:00		Privates Available By Appointment
					4:00 (8-11)	4:00 (8-11)		
			7:00 (11+)			6:00 (11+)		
Soccer Academy	Finishing 1st Touch	Beg/Int/Adv Beg/Int/Adv	5:00	5:00 6:00	6:00 5:00		(11+) 4:00/5:00 (8-10)	
						5:00		
Basketball		MS/HS Prep	6:00 (8-13)	6:00 (11+)		6:00 (11+)		
Football Fundamentals		MS/HS Prep	5:00 (8-13)					

Peak Athletic Performance	Age	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B.A.S.E. Biomechanics . Acceleration Strength . Ed.	8-10	4:00	4:00	4:00	4:00	4:00	CHAMPION Challenge Mental Toughness Muscular Endurance 8-10 10:00 AM 11+ 10:00 AM
SPEED Acceleration . Mechanics Linear Lateral . Multi	11-13	4:00	5:00	5:00	4:00		
	14+	7:00	6:00	6:00	7:00		
STRENGTH Functional . Total Body Lower . Upper . Core	11-13	5:00	4:00	4:00	5:00		
	14+	6:00	7:00	7:00	6:00		
POWER HOUR Speed-Strength . Plyos . Stamina *College Prep Olympic Lifting (M/T/W)	11-13					5:00	
	14+	6:00*	7:00*	7:00*		5:00	
RECOVERY (30min) Injury Prevention . Mobility Flexibility . Recovery	11+	8:00	8:00	8:00	8:00		

Call: (562) 598-2600

Reminder: Earn a \$100 Tuition Credit When You Refer A Friend!

Clinic Descriptions

B.A.S.E. 8-10 This class focuses on the Biomechanics, Acceleration, Strength, and Education for the youth athletes. These athletes are at the critical phase of Neural Growth, allowing the class to teach about the Biomechanics of Movement, Balance, and Advanced Coordination in sports. Athletes will learn about Acceleration through Speed Mechanics, Agility, and Speed Technique in Linear, Lateral, and Multi-directional planes of movement. Athletes go through Strength training for the Core, Upper Body, Lower Body, and Power Development. Classes are taught in a fun, educational environment that promotes the athletes to use their learned skills in their sport.

Speed 11-13 Focused on the Athlete's Need for Speed, Acceleration is taught through Speed Mechanics and Technique during the athlete's most important Physical Growth Phase. The class promotes education through Plyometric training to improve the athlete's quickness off the ground, increase Stride Length, Stride Frequency, and become most efficient in the Linear, Lateral, Backward, and multi-directional planes of movement.

Speed 14+ Focusing on the Application of Speed in the game, Speed Clinic focuses on improving the efficiency of the athletes' movements in a high velocity environment. With use of Advanced Plyometric training to improve the athlete's quickness off the ground, athletes learn to apply their acceleration in Linear, Lateral, and Multi-directional planes of movement that they will see in the game. Agility, Stride Length, Stride Frequency, and Body Control are increased to prepare for the high school Varsity level and College.

Strength 11-13 Sports are functional and this class coaches the Athletes in Functional Strength the same way. Athletes increase Strength in their Core, Upper body, and Lower body while building total body power. Technique is emphasized along with learning the muscles used and the benefits of performing the exercise relative to their sport. With an important Physical Growth Phase in progress, the athlete gains strength while their body is at a higher risk of losing it.

Strength 14+ Geared towards gains in Maximal Strength on the Lower Body, Upper Body, Core, and Power Output, athletes learn how to effectively move their weight around in a functional environment. Advanced Methods of Application are used to promote the physical and mental growth the athletes will find in the game and in preparation for College. During the season, athletes maintain their strength gains and during the off-season, athletes learn and improve on the advanced methods of Olympic Weightlifting.

Power Hour 11-13 Power Hour is for athletes taking their Athleticism to the next level Physically and Mentally. Increases to the Athlete's Explosive Power are taught through Plyometrics, Ballistic Throwing and Acceleration development training. Athletes learn the importance of quality while performing in a High Intensity environment, such as a game.

Power Hour 14+ Power Hour is for athletes taking their Athleticism to the next level Physically and Mentally. Increases to the Athlete's Explosive Power are taught through Plyometrics, Ballistic Throwing, Intermediate/Advanced Olympic Weightlifting, and Acceleration development training. Athletes learn the importance of quality while performing in a High Intensity environment, such as a game. Vert Lab (offered winter quarter) focuses on leg power development for gaining explosive vertical jump and first step quickness.

Recovery 11+ Recovery Clinic is a 30min session dedicated to improving athlete's mobility, range of motion and muscle recovery. This clinic will help athletes reduce the risk of injury and improve athletic performance.

CHAMPION Challenge This clinic is designed to push the competitive edge of the athletes. Every week there will be a challenging workout programmed by both age group and ability so that the athletes will learn to push themselves beyond levels that they thought they could normally reach. Get your competitive edge now!