



ACADEMY CLINICS WEEKLY SCHEDULE

Fall Quarter: 9/1/26 

***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	HS/C Prep MS/HS Prep HS/C Prep		5:00		5:00		Privates Available By Appointment
			6:00 (11+)	4:00 (8-11)	4:00 (8-11)	4:00 (8-11)		
			7:00 (14+)	7:00 (14+)	7:00 (14+)	6:00 (11+)		
Soccer Academy	Finishing 1st Touch	Beg/Int/Adv Beg/Int/Adv	5:00	5:00	6:00		11+ 4:00/5:00 (8-10)	
				6:00	5:00	5:00		
Basketball		MS/HS Prep	6:00 (11+)	5:00 (8-11)	5:00 (8-11) / 6:00 (11+)			
Football Fundamentals		MS/HS Prep	5:00 (8-13)	4:00 (11+)				

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 6:00	5:00	5:00	4:00 6:00		
	14+	7:00	6:00	6:00	7:00		
STRENGTH Functional . Total Body Lower . Upper . Core	11-13	5:00	4:00 6:00	4:00 6:00	5:00		
	14+	6:00	7:00	7:00	6:00		
POWER HOUR Speed-Strength . Plyos . Stamina	11-13					5:00	
	14+					5:00	
MOBILITY RECOVERY	8-13	3:30	3:30	3:30	3:30		
	11+	8:00	8:00	8:00	8:00		

Call: (562) 598-2600

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

Holiday Closures: Labor Day 9/7
Thanksgiving 11/26-11/28

Athletic Performance Clinic Descriptions

B.A.S.E. (8-10 Years Old)

This middle school prep clinic builds a lifelong athletic foundation with a curriculum of Biomechanics, Acceleration, Strength, and Education. Athletes are taught in a fun environment where they properly develop the following: efficient athletic movement and body control for better balance & agility, powerful multi-directional speed mechanics for quick acceleration, sport performance functional total body strength (core, lower body, upper body & power development) and competitive confidence.

Speed (11-13 Years Old)

Focuses on the athlete's need for speed as they prepare for competitive club and high school sports. All phases of powerful speed mechanics are taught, including first step quickness, acceleration, top end speed, and linear and lateral movement. This clinic advances athletes through our speed curriculum to improve quickness off the ground, increased stride length and frequency, resulting in multidirectional speed and force.

Speed (14+ Years Old)

This varsity level & college prep speed clinic is a high velocity and powerful environment focused on the application of separation speed in the game. Our advanced speed curriculum builds force production to improve reaction time and powerful acceleration in multi-directional planes of movement that will allow athletes to separate 5-15 feet from opponents in just half a second.

Strength (11-13 Years Old)

During this vital physical growth phase, athletes will increase total body functional strength as they prepare for high school sports. Athletes will acquire sport specific strength using safe lifting mechanics and resistance techniques. Increased strength will develop all aspects of athleticism and build confidence during these otherwise uncertain and challenging pubescent years.

Strength (14+ Years Old)

Geared towards gains in maximal total body strength and power output, athletes learn how to effectively move their weight around in a functional environment. Advanced methods of direct sport performance applications are used to promote both the physical and mental-toughness demands the athletes will find at the varsity level and in preparation for college sports. All athletes will improve their strength performance with the advanced methods of Olympic weightlifting while learning lifelong injury preventing weight room knowledge.

Power Hour (11-13 Years Old)

This high school prep clinic is for athletes taking their athleticism to the next level, physically and mentally. Through our high intensity and demanding curriculum, athletes will experience increases in their explosive power including lower-to-upper body (and vice versa) power transfer, ballistic throwing and acceleration force.

Power Hour (14+ Years Old)

Varsity athletes preparing for college level sports will develop and experience explosive throwing & hitting velocity gains as well as powerful vertical jump height demanded by national competition. The powerful sport specific movements acquired will make athletes highly sought after by college coaches recruiting for their roster spots.

Mobility (8-13 Years Old)

This is a 30 minute session dedicated to improving range of motion through functional mobility techniques resulting in injury prevention and improvements in athletic performance needed to prep athletes' bodies to handle high performance movements.

Recovery (11+ Years Old)

This is a 30 minute session dedicated to improving athlete's muscle recovery for optimal performance health. Athletes will reduce the risk of injury and improve athletic performance for the weekly physical demands of club and travel sports.

CHAMPION Challenge

This clinic is designed to push the mental 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 were possible. Get your competitive edge now!