

May 31st-August 12th 2011 Schedule

(8227 Northwest Blvd, Suite 160 Indianapolis, 46278, 415-5747)

DEFINING SPORTS PERFORMANCE >>>

Athletes may only choose from times within their specific Athletic Development Program. Athletes **MUST** pre-register at least 24 hours prior to attending the session.

Age Range	Athletic Development Program	Schedule	Duration	Session Emphasis
ALL NEW ATHLETES	LEARNING TO TRAIN (Minimum of 2 sessions per week)	Monday and Wednesday - 5:00pm Tuesday and Thursday - 2:00pm	60 min	Skill Acquisition

NOTE: Learning to Train is a MANDATORY program that all SVSP athletes must complete. All athletes will receive their initial assessment. This program will educate athletes in functional movement and lead into our athletic development programs. The athlete moves on from this class once the coach indicates all skills have been acquired.

Age Range	Athletic Development Program	Schedule	Duration	Session Emphasis
GRADES 6-9	TRAINING TO TRAIN	Tuesday and/or Thursday - 2:30pm	60 min	Speed
		Monday and/or Wednesday - 4:00pm	60 min	Speed
		Tuesday and/or Thursday - 4:00pm	60 min	Strength
		Monday and/or Wednesday - 5:00 pm	60 min	Strength
		Tuesday and/or Thursday- 5:00pm	60 min	Speed
		Friday - 3:00 & 4:00	60 min	Strength/Speed Respectively

NOTE: Training to Train is a program for athletes in grades 6-9. The strength emphasis of this program is to teach training methods, introduce free weights and focus on body weight, stability ball and medicine ball exercises. During speed sessions, attention is spent focusing on basic sprint/acceleration mechanics. General fitness capacity is also a focus in this phase.

Age Range	Athletic Development Program	Schedule	Duration	Session Emphasis
GRADES 9-12	TRAINING TO COMPETE	Tuesday and/or Thursday - 1:00pm	90 min	Strength
		Monday and/or Wednesday - 1:00pm	90 min	Speed
		Tuesday and/or Thursday - 3:30 pm	90 min	Speed
		Monday and/or Wednesday - 3:30pm	90 min	Strength
		Friday 10:30am and 1:00pm	90 min	Speed/Strength Respectively

NOTE: Training to Compete is a program for athletes in grades 9-12. The strength emphasis of this program varies based on where an athlete is in their annual training plan. It may be general or sport specific strength and power with the use of free weights. Speed sessions will have a sport specific focus.

Special Summer Spectacular Rates! Call for details! College Athletes: See next page for training times

2011 College Athlete Summer Training

DEFINING SPORTS PERFORMANCE >>>

NEXT season is defined by THIS off-season!

- > Sessions include Strength & Power, Speed & Agility, and Energy System Development
- > Incoming freshman & current college players
- > Training Times/Days: All sessions are **90** minutes
 - > Football: M-Th 3-4:30pm (Begins 6/6/11)
 - > Basketball, Volleyball, Lacrosse, Track, etc.
 - > 1-2:30pm, M-Th, 2:30-4pm Friday
 - > Begins 5/31/11
- > **Special Summer Spectacular Rates!** (12 session min.)
 - > **Up to 35 sessions:** \$18 per session
 - > **36 sessions or more:** \$15 per session
 - > Register by May 7th and receive a 10% discount
- > Register by calling (317) 415-5747
- > SVSP NW - 8227 Northwest Blvd., Ste. 160, Indianapolis 46278

