



Racquet Club

SPEED & STRENGTH PROGRAM

Our speed and strength program focuses on improving your young athlete's full potential.

The program will focus on

- Developing Proper Running Mechanics
- Increasing Jumping Capabilities
- Coaching Proper Lifting Techniques
- Progressing Overall Body Strength
- Improving Flexibility

Class Description

Each class during will focus on developing specific aspects of performance. Utilization of the entire club will develop the athlete. The use of the turf area, gym, treadmills, and other equipment will allow for proper coaching and development this season.

For more info or to sign up contact

Dylan Dragoo at ddragoo@genesishealthclubs.com or call (402) 423-2511



Genesis Health Clubs Racquet Club | 5300 Old Cheney Rd | genesishealthclubs.com

Days / Times

Monday - Thursday 5:00 - 6:00 pm

Friday 4:00 - 5:00 pm

Times are tentative and subject to change.



Pricing & Class Options

- >> 1x / week Total of 4 Sessions = \$15 ea / \$60 total
- >> 2x / week Total of 8 Sessions = \$15 ea / \$105 total [Buy 7 Get 1 FREE!]
- >> 3x / week Total of 12 Sessions = \$15 ea / \$135 total [Buy 9 Get 3 FREE!]

You will continue to choose the day(s) of the week that best suit your athlete's schedule. Emails will be sent two weeks prior to the beginning of the next month for you to make any changes to your training schedule.

Team Sessions Available

Team Sessions will focus on overall athleticism along with sport specific exercises to increase performance. This will be group training at a different time than Speed and Strength.

Contact Dylan Dragoo for more information.

\$10 per session per athlete. Packages of sessions include 4, 8 or 12 sessions available. \$50 minimum.

IMPORTANT NOTES

- If your athlete is going to be gone on a certain day for any reason, please notify myself in advance so I can plan accordingly for that day's class. You can reach me at my contact information located at the bottom of the page.
- If the athlete suffers and injury or has any concerns affecting their ability to participate in any drills/activities, please notify Dylan as soon as possible so proper judgment and decisions can be made.
- Athletes are encouraged to bring their own water bottle or sports drink but drinking fountains are available at Racquet Club. Water breaks will be given throughout the class period.
- Please try to avoid eating large meals before workouts. This will decrease the risk of an upset stomach and allow the athlete to maintain the proper intensity throughout the class. A light healthy snack is encouraged prior to class.
- And lastly, CELL PHONES will NOT be allowed during class unless for an emergency or permission has been given by Dylan. This will limit the distractions for each athlete and assist in maintaining focus throughout the entire class.