



A Pride
Strength

Angola Youth Strength Training will begin Monday, January 29, 2018. We will meet from 6pm to 7pm for eight sessions through Monday, March 5 at Angola High School. Sessions will be held in the high school gym and weight room. Our primary focus is to introduce our young athletes to our central training principles while teaching them proper form and safe techniques.

The athletes will gain confidence while increasing their body and athletic awareness and their fitness level. The movements they perform will help them in all sports. This program will also help to alleviate anxieties the athletes (and parents) may have about strength and agility training.

We will NOT be using free weights to train our young athletes. We will use body weight exercises, PVC pipes, and gym balls with active spotting. We will emphasize balance, proper landing technique, core strength, and the coordination of the upper body with the lower body.

We will not run this program as an open gym type format. A parent must be present at one of the orientation sessions on January 8 or January 10 for their child to be able to participate. Parents are not required to attend the actual sessions although we encourage parents to watch their children in action as much possible.

Forms are due on Wednesday, January 24. We will NOT allow anyone to participate without receiving the registration form with payment and without a parent attending one of the orientation sessions.

<u>Orientation Dates:</u>	<u>Youth Training Dates:</u>
Monday, January 8, 6pm Wednesday, January 10, 6pm (Held in HS Commons/Cafeteria)	Monday, January 29, 6pm Monday, February 5, 6pm* Wednesday, February 7, 6pm Monday, February 12, 6pm Monday, February 19, 6pm Wednesday, February 21, 6pm Monday, February 26, 6pm Monday, March 5, 6pm

All dates are subject to facility availability. If an athletic contest is rescheduled on one of the above dates, the youth training session will be canceled and not made up. The session for February 5 will be held in the high school commons and weight room. Please contact us if you have questions (athomas@msdsc.us; 260-494-4507).

