



# Youth Sports and Conditioning Training

## Summer 2011

### Contact Information

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## Sports and Conditioning

If you are a young athlete wishing to excel in your sport, you must train in the off-season with intense interval workouts and extended rest and recovery time to prepare your body for more strenuous workouts and competition during the season. This program is ideal to prepare you to outperform your competition. All athletes enrolled in the program will receive a pre- and post- program health assessment to gauge results.

### Session & Registration Dates

#### Session Dates

May 31 - July 7 (Tuesdays/Thursdays)  
July 6 - August 12 (Wednesdays/Fridays)

#### Registration Dates

Lincoln Y Member	May 24	Non Y Members	May 26
Lincoln Y Member	June 21	Non Y Members	June 23

### Time

Ages 12-15	Tuesdays (Speed & Agility) <b>and</b> Thursdays (Strength & Conditioning / Circuit)	2:00 pm - 3:00 pm
Ages 16-18	Tuesdays (Speed & Agility) <b>and</b> Thursdays (Strength & Conditioning / Circuit)	3:00 pm - 4:00 pm

### Fees

Lincoln Y Member	\$ 80
Non Y Member	\$160

### Training Focus

- ◆ Develop speed, agility & coordination
- ◆ Increase vertical & long jump
- ◆ Improve reaction time
- ◆ Gain power & strength
- ◆ Reduce injury potential
- ◆ Increase flexibility
- ◆ Improve self-confidence
- ◆ Learn proper and efficient running mechanics

### Testing

- ◆ Vertical Jump
- ◆ Standing Long Jump
- ◆ Pro Agility
- ◆ T Test
- ◆ 10 yd. (Middle School)      40 yd. (High School)

### Program Trainers

Our staff have an Exercise Science or other health related degrees and/or are nationally certified Personal Trainers. They understand the importance of gaining an advantage over the competition.

# Registration Information

## Lincoln YMCA Refund Policy

A requested refund 2 business days prior to the start of any activity or class will be issued as 100% credit. After that a 50% credit will be issued prior to the start date of the activity. After the start of the class, no refunds will be given. If the YMCA cancels a class or program there will be a full refund.

## Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA. (Vacations, illness, other activities, etc.) Class cancellations made by YMCA will be rescheduled.

## Online Registration Available - [ymcalincoln.org](http://ymcalincoln.org)

To receive your user ID and pin number, please contact the Northeast YMCA front desk at 434-9262.

## Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

### Cooper

6767 S. 14th Street  
Lincoln, NE 68512  
(402) 323-6400

### Downtown

1039 P Street  
Lincoln, NE 68508  
(402) 434-9230

### Fallbrook

700 Penrose Drive  
Lincoln, NE 68521  
(402) 323-6444

### Northeast

2601 N. 70th Street  
Lincoln, NE 68507  
(402) 434-9262

### Youth Sports

570 Fallbrook Blvd., # 210  
Lincoln, NE 68521  
(402) 434-9217

### Camp Kitaki

570 Fallbrook Blvd., #210  
Lincoln, NE 68521  
(402) 434-9225