

# Kids Total Conditioning

A-Game is offering a Kids Total Conditioning program throughout the summer to provide optimal performance training for ages 7-17 designed to provide a definitive advantage on the courts and fields. These programs will be led by A-Game's certified, award-winning training staff.



**Angie Kirk**

A-Game Director of Fitness



**Carter Hays**

A-Game Personal Trainer & Coach

## Functional Movement

- Static posture
- Posture during movement to improve stability and mobility
- Static, transitional and dynamic balance
- Muscular and cardiovascular endurance

## Functional Performance

- Speed
- Agility
- Quickness
- Power transfer
- Muscular strength
- Hand/eye coordination
- Reaction skills
- Movement relating to sports skills to reinforce specific skills

A-Game's Kids Total Conditioning program allows coaches to focus on teaching and coaching Functional Skills related to specific sports rather than conditioning.

Sessions will meet Monday through Friday throughout the summer.

Ages 7-11	11 a.m. – Noon
Ages 12-14	Noon – 1:30 p.m.
Ages 15-17	1:30 p.m. – 3 p.m.

## Cost

Current A-Game members pay no additional fees for Kids Total Conditioning.

Non-members pay \$99 per month.

## Price includes:

- 5 days per week for a calendar month
- Parents and other family members enjoy all A-Game membership benefits during the calendar month (use of fitness facilities, adult fitness classes, free Laser Chase, free Open Skate, and more).

To register, visit [www.GoAGame.com](http://www.GoAGame.com) and click on the Youth Camps link on the home page. For more information, contact Emily Perilli at 615-656-5758 or [eperilli@GoAGame.com](mailto:eperilli@GoAGame.com).