

KIDS & TEENS TRAINING

For ten years we have trained student-athletes in 7th/8th grade or older. We felt like that was an appropriate age to learn & teach the nuances of Strength & Conditioning. However with the addition of our Turf Field we have included a Kids & Teens component to our Training Program. It has been a popular class because elementary and middle school children are just NOT getting enough exercise. In addition, many young student athletes are simply focusing on playing or specializing in singular skills and are not concentrating on their entire bodies.



STRENGTH



SPEED & AGILITY



FLEXIBILITY



POWER



CONDITIONING

At Good Energy Training we focus on the entire body and making each little All Star understand the importance of proper nutrition, rest as well as Strength & Conditioning to become more athletic and in better condition to play any sport. Soccer players need to squat and lunge as well as strengthen their upper bodies. Softball pitchers should not just perform pitching lessons but should be in top condition so they can pitch the entire game, field and hit without getting tired. Basketball players should perform Total Body strength training to prevent injuries and make them more powerful at jumping and bounding.

Our Professional Staff teaches the fine points of Speed Training in our specific Speed Classes for Change of Direction and Acceleration. We explain why you are performing each drill and how it will help in improving performance in your Sport. Everything we do at Good Energy Training is to enable your son or daughter to perform better in their sport. However, we do have many “Non Elite Athletes” that have excelled in our Program. As long as your child brings a Positive Attitude & gives 100% Effort they can train with Our Team. In Fact, the Core & Cardio class is designed as a Bootcamp for kids to get in better shape – perfect for your son or daughter who plays more video games than rakes leaves. Everyone’s favorite is the “YARDWORK” Class which is named after what we call our BackYard turf. Yardwork is alternative training for both adults and kids. We will have the kids perform a variety of unique exercises in an Intense Circuit which can include Sled Pulls, Tire Flips, Prowler Drives, Rope Pull Ups to name a few exercises. One thing is certain – there is “No Cookie Cutter” Workouts at GE as you are Only Limited by Our Imagination!

PLEASE GO TO HOMEPAGE TO SEE CLASS SCHEDULE FOR KIDS/TEENS

PROVEN RESULTS SINCE 2003