

# TWIST TRAINING

## ATHLETE DEVELOPMENT PROGRAMS

### CLASS MENU

**FALL 2017 Sept 5-Dec 23 (16 Weeks) There are NO LIMITS to what you can achieve!**

Everyone can get a little better every day; The Twist 2017 lineup of FALL Athlete & Youth Development programs offer tremendous opportunities for in-season training for Fall & Winter sports, off season conditioning for Spring & Summer, and all around health, fitness, and conditioning for everyone. Our programs are also perfect for those who are NOT in a competitive sport but just want to move better and be healthier. We have a wide range of programs for ages 8-18, from **beginner to elite level**. Each athlete is coached by a certified Twist strength & conditioning coach and challenged to improve their movement skills, speed, agility, quickness & athletic strength in 60-90 min sessions. Athletes can train 1-2x/week or GO FOR UNLIMITED training as we progress from foundational development, through athletic efficiency to performance. Our goal is to help everyone get better; every day!

#### 2017 FALL YOUTH DEVELOPMENT PROGRAM HIGHLIGHTS

- **NEW TWIST Athletes:** Your first TWIST session is always FREE but register before September 30 and get your first 2 weeks FREE!
- **UNLIMITED Youth Training:** Train 3 or more times per week and Save 60% on the regular per session rate
- **Returning TWIST Athletes:** We know Sept schedules are tough to organize; register & pay by Sept 30 and save up to \$50 off your FALL registration!
- **MONTHLY PAYMENTS:** Balance your body and your budget; ask about monthly payment options!
- **TWIST FAMILY TRAINING:** 10% off when 2 family members are registered in adult and/or youth development programs; 50% off for 3 or more

FALL YOUTH DEVELOPMENT PROGRAM RATES						
SESSIONS	/SESSION X60min	Total	MONTHLY RATE	/SESSION X 90 Min	Total	MONTHLY RATE
1x/wk	25	400	100/month	30/	480	120/month
2x/wk	20	640	160/month	25/	800	200/month
UNLIMITED	<15/session	720	UL 180/month	18/	864	216/month
* Not Including HST. Rates prorated for actual number of weeks, Stat holidays, vacations and late start dates etc.						

#### ATHLETE DEVELOPMENT PROGRAMS

<b>Speed, Strength and Athleticism for Long Term Development S<sup>2</sup>A</b>	The <b>Twist model of Long Term Athletic Development (LTAD)</b> involves teaching and coaching speed, strength and athleticism ( <b>S<sup>2</sup>A</b> ) including movement, balance, and strength at an age appropriate and skill based progression of programming in a variety of youth development and sport specific programs for young athletes from the ages of 8-18. With an emphasis on teaching, coaching and overall athletic development we will assess the needs of each athlete, their sport and their individual goals in every Twist group.
<b>KIDS MOVEMENT ACADEMY KMA Ages 8-11 yrs</b>	Some kids don't like to exercise, but every kid will love to Get TWISTED! The TWIST Coaches will teach the foundational components of athleticism through a fun, dynamic and motivating training environment. Children 8-11 are at a peak stage for nervous system development. Most of their body awareness, coordination, movement mechanics and balance will be developed making it a critical time for them to learn. The program will focus on developing movement, balance, agility, quickness, stability, posture, reactivity & strength through fun, challenging drills. Even if they are not athletes, they can become TWIST athletes!
<b>COMPLETE ATHLETE DEVELOPMENT CAD</b>	The <b>TWIST CAD</b> program is the baseline program for youth athlete development. This program will include a balance of movement skill development (speed, agility, quickness); athletic strength; energy system development and core conditioning for whatever your sport or physical needs. Groups and programming will be split based on group size, age, skill level and sport focus. This program is perfect for athletes 12-14 years old looking for a balanced program to improve health, fitness and performance.
<b>SPEED-AGILITY-QUICKNESS SAQ</b>	<b>Speed, Agility and Quickness</b> are 3 of the most important physical components for athletes. The Twist SAQ program will teach athletes how to move more efficiently through postural correction, biomechanical analysis and movement skill patterning. Once a foundation of movement is built, athletes will focus on increasing 1 <sup>ST</sup> step quickness, deceleration, explosive speed, reactivity and multi-directional movement skills to become a quicker, faster and more reactive athlete with <b>TWIST SAQ</b> training methods.
<b>ADVANCED ATHLETE DEVELOPMENT AAD</b>	Athletes want to continuously work to build the qualities that will help them excel in the sport of their choice. <b>TWIST Advanced Athlete Development (AAD)</b> will help each athlete reach their true potential. This advanced program for ages 14 - 18 is focused on building strength, explosive power, linear & multi directional speed, deceleration, quickness and more. This 90 min program is designed to help each athlete <b>their</b> game to the next level.
<b>TEAM HIGH PERFORMANCE TRAINING HPT</b>	High Performance training is the backbone of TWIST. This is where we come from and this is what we love. Led by sport science principles and executed through TWIST active coaching, the HPT program is designed to help every athlete be their best when their best is needed on the field, rink, court, or pitch and in their lives every day. <b>*Please ask for details</b>
<b>FEED YOUR READY! TWIST TOTAL NUTRITION</b>	We believe training is only part of the solution to improving strength and conditioning, and maximizing performance in your sport and your life. The Twist Total Nutrition Program is designed to help you learn, understand and apply a more comprehensive approach to eating that helps support the demands of your sport, your training program and whatever challenges life throws at you. We explore not only the food you need to fuel performance but also what specific nutrients you need to function at an optimal level.