



## **YOUTH ATHLETE DEVELOPMENT PROGRAMS**

Welcome to Twist Performance’s Youth Athlete Development Programs. We have a wide range of Development Programs for athletes from the ages of 8-17 years old and from the beginner to elite level. Take your game and fitness to the next level and **Unleash the Superstar in You!**

### **PROGRAM INFORMATION:**

<b>ATHLETIC STRENGTH DEVELOPMENT ASD</b> (Ages 12/13 - 17)	The Athletic Strength Development program will build functional strength for greater sport performance through a neuromuscular training philosophy based on training <i>movement</i> , not muscle. ASD is about building athletic movement, linked-system strength, power, transitional balance, neuromuscular coordination, mind-muscle integration, and sequential muscle firing from the inside out. Coaches will identify and train up weak links in the kinetic chain, build core stability & strength, increase joint mobility & stability, and build full-body integrated strength. <b>**SEASONAL**</b>
<b>KID’S MOVEMENT ACADEMY (KMA)</b> (Ages 8 - 12)	Agility, quickness and reactivity are three of the most important physical components for athletes. The KMA program will teach you 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 their first step quickness, deceleration, explosive speed, reactivity and multi-directional movement skills. Become a quicker, faster and more reactive athlete with Twist’s KMA training methods.
<b>SPEED, STRENGTH &amp; ATHLETICISM (S2A)</b> (Ages 12/13 - 17)	The development of any youth athlete is a continuous process from the first time they participate in sport to the time they have matured both physically and mentally. Throughout this process, we want to continue to build the qualities that will help them excel in their sport of choice. Twist’s S2A program will improve their balance, joint stability, core control and strength while simultaneously developing their speed, strength, quickness and athleticism through continuous focus on skill execution and movement efficiency. It all starts in the brain, and building a strong neuromuscular foundation is key. This program is structured to build stronger, faster and more powerful athletes!

#### **COSTS:**

**1X/WEEK: \$99/MONTH | 2X/WEEK: \$139/MONTH | 3X/WEEK: \$169/MONTH**

**(Based on minimum 3-month prepaid membership)**

### **PROGRAM SCHEDULE**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00-12:00pm						<b>S2A</b>
12:00-1:00pm						
5:00 - 6:00pm		<b>S2A</b>		<b>S2A/KMA</b>		
6:00 - 7:00pm						

[train@twisttricity.com](mailto:train@twisttricity.com)

**Ph: 778-285-6252**