



ACADEMY CLINICS WEEKLY SCHEDULE

Summer Quarter: 6/1/18

***SUBJECT TO CANCELLATION *RESERVATION REQUIRED *SPACE IS LIMITED *NO WALK-INS**

| Sport Performance | | Level | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------|----------------|---|---|---|---|---|--|
| Ballplayer Academy <small>(Baseball/Softball)</small> | Conditioning | College Prep | | 10:30am <small>Track</small> <small>(6/18-8/3)</small> | 10:30am <small>Track</small> <small>(6/18-8/3)</small> | 10:30am <small>Track</small> <small>(6/18-8/3)</small> | | Privates Available By Appointment |
| | Long Toss | All | 10:30am <small>Track</small> <small>(6/18-8/3)</small> | 12:00 <small>Track</small> <small>(6/18-8/3)</small> | | 12:00 <small>Track</small> <small>(6/18-8/3)</small> | 10:30am <small>Track</small> <small>(6/18-8/3)</small> | |
| | Weights | College Prep | 11:45am | | 11:45am | | 11:45am | |
| | GloveWorx | All | 6:00 | | 6:00 | | | |
| | PowerBat | All | | 6:00 <small>(8-13)</small> | | 6:00 <small>(14+)</small> | 5:00 <small>(All)</small> | |
| Soccer Academy | Finishing | All | | 5:00 | 6:00 | | | |
| | 1st Touch | All | | 6:00 | 5:00 | | | |
| Basketball | | MS/HS Prep | 6:00 <small>(8-13)</small> | | | 6:00 <small>(8-13)</small> | | |
| Football IQ | | MS/HS Prep | 5:00 <small>(8-13)</small> | | | | | |
| Volleyball | | Beg. Int./Adv. | | 5:00 | 5:00 | | | |
| AthletiKid <small>(Multi-Sport - 30min)</small> | | 5-7y.o. | 3:30 | 3:30 | 3:30 | 3:30 | | |

| Peak Athletic Performance | Age | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------|--------------------------------------|---------|-----------|---------------------------|--------------------------------------|--|
| B.A.S.E. <small>Biomechanics . Acceleration . Sports Strength . Education</small> | 8-10 | 4:00 | 4:00 | 5:00 | 5:00 | 4:00 | CHAMPION Challenge <small>Mental Toughness Muscular Endurance</small> 8-10 10:00am 11+ 10:00am |
| SPEED <small>Acceleration . Mechanics Linear . Lateral . Multi</small> | 11-13 | 4:00 | 5:00 | 4:00 | 5:00 | 4:00 | |
| | 14+ | 6:00 | 6:00 | 6:00 | 6:30 <small>Track</small> | | |
| STRENGTH <small>Functional . Total Body Lower . Upper . Core</small> | 11-13 | 5:00 | 4:00 | 5:00 | 4:00 | | |
| | 14+ | 7:00 | 7:00 | 7:00 | 6:00 | | |
| POWER HOUR <small>Speed-Strength . Plyos . Stamina *College Prep Olympic Lifting (M/T/W)</small> | 11-13 | | | | | 5:00 | |
| | 14+ | 7:00* | 7:00* | 7:00* | | 5:00 | |
| BEACH CHALLENGE <small>Mental Toughness . Stamina Muscular Endurance</small> | 11+ | 9:00am <small>(6/18-7/27)</small> | | | | 9:00am <small>(6/18-7/27)</small> | |
| FLEXIBILITY <small>(30min) Injury Prevention . Mobility Flexibility . Recovery</small> | 11+ | 8:00 | 8:00 | 8:00 | | | |

Call: (562)598-2600

Reminder: Earn a \$50 - \$150 Tuition Credit When You Refer A Friend!

Clinic Descriptions

B.A.S.E. 8-10 This class focuses on the Biomechanics, Acceleration, Strength, and Education for the youth athletes. These Athletes are at the critical phase of Neural Growth, allowing the class to teach about the Biomechanics of Movement, Balance, and Advanced Coordination in sports. Athletes will learn about Acceleration through Speed Mechanics, Agility, and Speed Technique in Linear, Lateral, and Multi-directional planes of movement. Athletes go through Strength training for the Core, Upper Body, Lower Body, and Power Development. Classes are taught in a fun, Educational environment that promotes the athletes to use their learned Skills in their sport.

Speed 11-13 Focused on the Athlete's Need for Speed, Acceleration is taught through Speed Mechanics and Technique during the athlete's most important Physical Growth Phase. The class promotes education through Plyometric training to improve the athlete's Quickness off the ground, increase Stride Length, Stride Frequency, and become Most Efficient in the Linear, Lateral, Backward, and Multi-directional planes of Movement.

Speed 14+ Focusing on the Application of Speed in the game, Speed Clinic focuses on improving the efficiency of the athletes' movements in a high velocity environment. With use of Advanced Plyometric training to improve the athlete's Quickness off the ground, athletes learn to apply their acceleration in Linear, Lateral, and Multi-directional planes of movement that they will see in the game. Agility, Stride Length, Stride Frequency, and Body Control are increased to prepare for the high school Varsity level and College.

Strength 11-13 Sports are Functional and this class coaches the Athletes in Functional Strength the same way. Athletes increase Strength in their Core, Upper body, and Lower body while building Total Body Power. Technique is emphasized along with learning the Muscles used and the Benefits of performing the exercise relative to their sport. With an important Physical Growth Phase in progress, the athlete Gains Strength while their Body is at a higher risk of losing it.

Strength 14+ Geared towards Gains in Maximal Strength on the Lower Body, Upper Body, Core, and Power Output, athletes learn how to Effectively move their weight around in a Functional environment. Advanced Methods of Application are used to promote the Physical and Mental growth the athletes will find in the game and in Preparation for College. During the Season, athletes Maintain their Strength Gains and during the Off-Season, athletes learn and improve on the advanced methods of Olympic Weightlifting.

Power Hour 11-13 Power Hour is for Athletes taking their Athleticism to the Next Level Physically and Mentally. Increases to the Athlete's Explosive Power are taught through Plyometrics, Ballistic Throwing and Acceleration development training. Athletes learn the importance of Quality while Performing in a High Intensity environment, such as a game.

Power Hour 14+ Power Hour is for Athletes taking their Athleticism to the Next Level Physically and Mentally. Increases to the Athlete's Explosive Power are taught through Plyometrics, Ballistic Throwing, Intermediate/Advanced Olympic Weightlifting, and Acceleration development training. Athletes learn the importance of Quality while Performing in a High Intensity environment, such as a game.

Beach Challenge This clinic at the Belmont Shore Pier in Long Beach, increases the athlete's endurance strength, speed and power in the sand and on the stairs. Beyond the physical, the Beach Challenge promotes the mental stamina of the athlete to compete in the last few minutes of a game with the same mental toughness as the first few minutes.

15 39th Pl, Long Beach, CA 90803

Flexibility 11+ Flexibility Clinic is a 30min session dedicated to improving athlete's mobility, range of motion and muscle recovery. This clinic will help athletes reduce the risk of injury and improve athletic performance.

CHAMPION Challenge This clinic is designed to push the competitive edge of the athletes. Every week there will be a challenging workout programed by both age group and ability so that the athletes will learn to push themselves beyond levels that they thought they could normally reach. Get your competitive edge now!