



**WEYMOUTH
CLUB**

More than Fitness... It's a Way of Life!



JR. SPORTS PERFORMANCE

For MIDDLE SCHOOL & HIGH SCHOOL ATHLETES

**JR. SPORTS PERFORMANCE IS AN 8 WEEK PROGRAM FOR HIGH SCHOOL & COLLEGE ATHLETES
OF ALL SPORTS LOOKING TO IMPROVE THEIR ATHLETIC SKILLS AND TRAIN IN A
TEAM ENVIRONMENT**



WORK IN TEAMS OF 3-6 ATHLETES TWICE A WEEK WITH EACH SESSION INCLUDING:

ACTIVE WARM UP

LINEAR & LATERAL SPEED DEVELOPMENT

AGILITY TRAINING

PLYOMETRICS

CORE STRENGTHENING

**ENROLLMENT IS ALWAYS OPEN PLEASE CONTACT TIM CONCANNON FOR
MORE INFORMATION**

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