

# January-May 2010 Schedule

(8827 Northwest Blvd, Suite 160 Indianapolis, 46278, 415-5747)

DEFINING SPORTS PERFORMANCE >>>

Athletes may only choose from times within their specific Athletic Development Program. Athletes **MUST** pre-register at least 24 hours prior to attending the session.

Age Range	Athletic Development Program	Schedule	Duration	Session Emphasis
ALL NEW ATHLETES	LEARNING TO TRAIN (Minimum of 2 sessions per week)	Monday and/or Wednesday- 7:00pm	60 min	Skill Acquisition
		Tuesday and/or Thursday- 7:00pm	60 min	

**NOTE:** Learning to Train is a MANDATORY program that all SVSP athletes must complete. All athletes will receive their initial assessment. This program will educate athletes in functional movement and lead into our athletic development programs. The athlete moves on from this class once the coach indicates all skills have been acquired.

Age Range	Athletic Development Program	Schedule	Duration	Session Emphasis
GRADES 6-9	TRAINING TO TRAIN	Monday and/or Wednesday - 4:00pm	60 min	Strength
		Tuesday and/or Thursday - 5:00pm	60 min	Strength
		Monday and/or Wednesday - 6:00pm	60 min	Strength
		Tuesday and/or Thursday - 4:00pm	60 min	Speed
		Monday and/or Wednesday - 5:00 pm	60 min	Speed
		Saturday - 9:30am	60 min	Speed/Strength

**NOTE:** Training to Train is a program for athletes in grades 6-9. The strength emphasis of this program is to teach training methods, introduce free weights and focus on body weight, stability ball and medicine ball exercises. During speed sessions, attention is spent focusing on basic sprint/acceleration mechanics. General fitness capacity is also a focus in this phase.

Age Range	Athletic Development Program	Schedule	Duration	Session Emphasis
GRADES 9-12	TRAINING TO COMPETE	Monday and/or Wednesday -5:30pm	90 min	Strength
		Tuesday and/or Thursday - 4:00pm	90 min	Strength
		Tuesday and/or Thursday - 7:00 pm	90 min	Strength
		Monday and/or Wednesday - 4:00pm	90 min	Speed
		Monday and/or Wednesday - 7:00pm	90 min	Speed
		Tuesday and/or Thursday - 5:30pm	90 min	Speed
		Saturday - 8:00am or 10:30am	90 min	Speed/Strength

**NOTE:** Training to Compete is a program for athletes in grades 9-12. The strength emphasis of this program varies based on where an athlete is in their annual training plan. It may be general or sport specific strength and power with the use of free weights. Speed sessions will have a sport specific focus.