

FIELDERS CHOICE TRAINING



WHY TRAIN?

Training will help athletes increase strength, speed and overall performance on the field. Teaching athletes the proper mechanics when training is important for overall performance and will help prevent injury. Too many athletes are not strong enough in the areas of their body they are constantly using at practice and in competition, which in many cases causes injury. Take advantage of our training and see major changes in performance and over-all strength. The same will hold true for any adult who is interested in our adult classes. Even if your not training for competition, strengthening your core will help in over-all health.

Our training programs emphasize sports-specific movements while also developing greater levels of speed, agility, power and strength. During a FCS Training session athletes will be challenged in all different areas using weights, medicine balls, sand bags, ropes and reactive bands, just to name some of the top of the line strength and conditioning equipment we have at our facility. The focus for sport specific team training is game confidence, play anticipation, game reaction time, proper movement to prevent injury, strength, power, balance and flexibility. Certified CSCS, NSCA, NABF Trainers will both challenge and encourage athletes to maximize their potential.

HIGH SCHOOL TRAINING:	MONDAY	5:30PM	
	THURSDAY	7:00PM	
MIDDLE SCHOOL TRAINING:	WEDNESDAY	5:30PM	
ADULT TRAINING:	MONDAY	6:30	KETTLEBELL
	THURSDAYS	4:30PM	STRENGTH

ATTENTION FIELDERS CHOICE MEMBERS!!
TRAINING IS INCLUDED IN YOUR MEMBERSHIP!!!!