



Annandale Summer Strength and Conditioning Program

Who?

Day One Sports Performance was started with the vision of helping athletes realize and achieve their athletic potential. To be able to back this approach Justin Rost the Owner/Program Director earned a Master's Degree in Exercise Science and holds eight certifications/licenses including: Certified Strength and Conditioning Specialist, Certified Athletic Trainer, Reflexive Performance Reset Coach, and several others. If you would like to know more go to

www.dayonesportsperformance.com.

What is this about?

Day One Sports Performance is partnering with Annandale High School to offer sport-specific strength and conditioning. These workouts will range from one hour to one and a half hours and will consist of: explosiveness development, injury prevention, mindset reinforcement, foot speed, overall strength, and conditioning work. Groups will be open to athletes going into seventh grade all the way to seniors in high school.

When are the sessions?

Students will be grouped by age. Students going into their sophomore year, junior year, and senior year (in fall of 2017) will be grouped together (one co-ed session, one male session, and one female session). Students going into going into seventh grade, eighth grade, and freshman year will be grouped together (in one co-ed session). Starting June 5th through August 11th are the sessions on Monday, Tuesday, and Thursday.

(Assuming we have enough athletes for each group)

- 7:00 AM-8:30 AM: 1st Older Group (Grade: 10th, 11th, 12th) Co-Ed Group @ AHS
- 8:15 AM-9:45 AM: 2nd Older Group (Grade: 10th, 11th, 12th) Male Group @ AHS
- 9:30 AM-10:45 AM 3rd Older Group (Grade: 10th, 11th, 12th) Female Group @ AHS
- 11:00 AM-12:00 PM 4th Younger Group (Grade: 7th, 8th, 9th) Co-ed Group @ AHS

Cost?

- This program will consist of thirty sessions and cost each athlete \$125.00 dollars for the whole summer (10 weeks). Which breakdowns to just over \$4.00 a session and will give your son or daughter thirty workouts.
 - **Checks made payable to: Day One Sports Performance**

How to Sign-up?:

- Below are the registration dates and times. Parents of minors will need to sign the waiver with their son/daughter, fill out a health questionnaire, and give payment for the summer. Registration nights will be at Annandale High School (in the auditorium).
 - **Monday, May 1st: 5:30 PM-6:30 PM**
 - **Monday, May 8th: 5:30 PM-6:30 PM**