



## **Avera Sports Institute winter training specials for DGSC Members**

### ○ **6 week Acceleration program**

Cost: \$200 (Retail Value of \$375)

- 1 Pre-test Assessment
- 1 Post-test Assessment
- 9 running treadmill sessions
- 9 plyometric sessions
- 6 weeks strength training program

Program is designed to work on sprint speed, sprint mechanics and lower body agility, explosiveness and overall conditioning. Each athlete's program is designed to meet their individual abilities.

Recommended training time is **November and December**. Training sessions are scheduled three days per week. Each workout is conducted by Avera Sports Institute staff and will last approximately 1 ½ hours. Athletes can choose their training days and times. Available training times are M-F 4:00pm – 8:00pm and Saturdays 9:00am-12:00pm.

Program can be started at any time. Call 322-FAST(3278) to schedule your evaluation today!

### ○ **Indoor Season Maintenance training**

1 time per week team training sessions that will take place before or after your teams scheduled practice times. Sundays are not included. 12 players constitute a team.

Cost: \$75 per athlete, \$50 for athletes completing 6 week Acceleration program

Program includes:

- Strength training program (upper and lower body)
- Flexibility
- Core strengthening
- Active warm-up (on field)

Each session will last 45 minutes and will serve as a compliment to your practice. Each team will schedule one workout per week starting Jan 14<sup>th</sup> and will end March 14<sup>th</sup> (8 sessions)

Dakota Gold coaching staff will help arrange times per their teams training schedules.

**There will be a parent/athlete informational meeting Tuesday Nov 6<sup>th</sup> at 7:00pm in the Avera Sports Institute classroom for anyone wishing to learn more about these training opportunities.**