

Strength Training for High School Sports

This program will run during the Winter sports season from the beginning of December through early March. It is designed to increase the athlete's strength, power, flexibility and core stability so that they may reach their full athletic potential in the sport(s) of their choice. This 4 day a week program will focus on different phases of training so as to maximize gains throughout the entire cycle. It will also address muscle imbalances typically found in high school athletes so as to minimize the chances of future injury. Athletes that are competing in a winter sport may also participate in this program. The instructor will individually tailor their workouts around their weekly practice/game schedule so that they may maintain strength and flexibility throughout their season without impacting their performance in practice or games. This program is geared towards high school aged athletes but current 8th grade students may be considered if the numbers allow and the athlete demonstrates a developmental readiness to participate in the program. If you want to get stronger, run faster, jump higher and become a more explosive athlete, then this program is for you.

Instructor: Eric Jantzi

When: Mondays – Thursdays

December 1, 2021 – March 10, 2022

5:30pm-7:00pm

Where: OPHS Weight Room

Cost: \$125.00



Please register using the form below:

Name _____
Street _____
City _____ Zip _____
Daytime Phone _____
Evening Phone _____
Cell Phone _____
E-Mail Address _____
Age _____ Grade _____
Date of birth ____/____/____
Parent's name _____
Parent phone if not listed above _____
Course Name _____
Beginning Date _____
Day: _____ Time: _____
Mail to: Community Education Office Orchard Park High School 4040 Baker Road Orchard Park, NY 14127
Make checks payable to: Orchard Park Central School District