



1225 Civic Field Way
Bellingham, WA 98229
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www.bellinghamsportsplex.com



SPORTSPLEX SPEED AND CONDITIONING CLINICS

JULY 7-9 & 14-16

SOCCKER AND HOCKEY

- **Youth 8-11:** A focus on building fundamental movement patterns that influence the development of healthy muscle tissue, positive nervous system response, and injury prevention technique are applied.
 - *Instruction and correction of movement patterns are applied throughout the course. The connection between movement skill and technical skill begins to be examined. Athletes begin to understand functional integrity of the body and the importance of flexibility, balance, posture, coordination, reaction, speed, and agility as they relate to sport.*
(Open to other sports upon inquiry)

Time: 1:30-2:30pm

Cost: \$90.00

Enrollment: Spaces Limited

SOCCKER AND HOCKEY

- **Junior 12-15:** A continued and increased focus on building fundamental movement patterns that influence the development of healthy muscle tissue, positive nervous system response, and injury prevention technique are applied.
 - *A continuation and increased application of the guidelines expressed under youth development, athletes begin to combine movement skill and technical skill under higher external and internal stressors. Athletes begin to understand functional integrity of the body and the importance of flexibility, strength, balance, posture, coordination, reaction, speed, and agility as they relate to sport. Tactical concepts begin to be examined.*

Time: 3:00-4:00pm

Cost: \$90.00

Enrollment: Spaces Limited

JULY 20-23

SOCCKER AND HOCKEY

- **College Preparatory 16 and Up:** Specifics of training demands at the collegiate level are introduced. *Specifics of needed movement skills and conditioning are applied.*
 - *Dynamics of training are completed in collaboration with intended pursuit to play at the collegiate level. General expectations or specific college placement is examined. Testing results and feedback are provided to each athlete at the end of the course.*

Time: 1:30-3:00pm

Cost: \$110.00

Enrollment: Spaces Limited



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