



KYA Private Coaching / Group Classes Parent Information

Registration Details:

Register through the website. You will be able to create your account so you can go in and contact the coach, make alterations to your schedule, etc.

You must register more than 24 hours in advance. You may cancel up to 2 hours before the session.

Purchase a private coaching session for 1 on 1 instruction, small group training will have between 4 and 8 athletes. Virtual classes will be labeled as such and will have at least 4 athletes in the class.

Program Details:

Sprints, Jumps, and Throws (\$50/Session)

Class Time: 1hr

Hourly sessions with one-on-one focus. \$50 per session with one of our incredible coaches.

Detailed warm-up and cool-down routines.

Focus purposed sessions, ranging from mechanical drills to advanced techniques and workouts.

Facility to practice – will be coordinated with coach and family.

Each session is yours, but the instructor will also have recommendations (some mandatory) for what to do with your time between the sessions, such as but not limited to core work, weight training, and flexibility work.

Long Distance (\$100/two weeks, \$200/month)

Class Time: 1hr

For distance running, programming is crucial. The big picture of your training is what allows you to be ready for intense workouts and race days. A \$200 purchase gets you a full month of programming from your coach, with what to do every single day. If choosing monthly, select the date you wish to begin.

At least 3 one-on-one visits with the coach that month, which can be used to check progress, monitor key workouts, improve mechanics, and a variety of other reasons.

Facility to practice – will be coordinated with coach and family.

Detailed warm-up and cool-down routines along with mental prep.

You may also purchase at a bi-weekly rate of \$100 for one in person meeting and a two weeks' worth of schedule design.

Small Group Training (\$12/Session)

Class Time: 1hr

Classes will be limited to a max of 8 athletes. Classes with less than 3 for more than 2 weeks will be evaluated and may be eliminated.

Coach will guide you through the focus of the class including warm-up/cool-down.

Virtual Class Training (\$8/Session)

Class Time: 1hr

Classes will have an unlimited amount of participants. Classes with less than 3 for more than 2 weeks will be evaluated and may be eliminated.

Coach will guide you through the focus of the class including warm-up/cool-down.

Class will be held via Zoom. You will receive Zoom info within 2 hours of the class.

