

8 Week Winter Athlete Prep



September 8th- October 27th

1 Day Hybrid Plan (8 Sessions)- \$297

2 Day In-Person Plan (15 Sessions)- \$347

Mondays and Wednesdays

Middle School- 6pm

High School- 7:30pm

Sessions Limited to 10 Athletes

Register Here:



Official strength partners:

Knoxville Youth Athletics
(TN) AAU Track



Sweet Briar College (VA)
Lacrosse



Fall River (WI)

