

STRENGTH DEVELOPMENT

For an athlete to prepare for the rigorous demands of sport, one must train for them. Proper weight training will lay the foundation for success, while plyometric and agility training will supply the athlete with the explosiveness to excel.

- Focuses on the needs of the sport by increasing size, strength, power, or muscular endurance. Improve sports performance by becoming faster, stronger, more explosive when it counts, not just in the weight room.
- Decreases the chances of injury in practice or competition through proper technique and safety precautions when exercising to strengthen what's weak and prevent over-training or over-use.
- Gives athletes the mental edge to do well without compromising health.