



UPPER ELEMENTARY ATHLETIC PERFORMANCE TRAINING

IN PARTNERSHIP WITH ANDREWS SPORTS INSTITUTE

GRADE 4 - 6 WEDNESDAY AFTERNOONS

COMING JANUARY 2023



CLASS GOALS & INFO

20 Sessions (50 mins each) of group training on-site at Andrews Sports Institute throughout the school year with **certified, experienced trainers**

Wednesday Afternoons - 12:40pm - 1:30pm

Age appropriate, specific **sport-focused** or **general training**

Focus on **power, speed, agility, flexibility, strength, & injury prevention education**

Growth in **self-confidence & leadership development**

Transportation to and from facility provided

Program Fee: \$350

FOR MORE INFORMATION - PLEASE CONTACT MR. BIECH AT PRINCIPAL@GCSPEI.CA



JUNIOR HIGH ATHLETIC PERFORMANCE TRAINING

IN PARTNERSHIP WITH ANDREWS SPORTS INSTITUTE

GRADE 7 - 9 WEDNESDAY MORNINGS

COMING JANUARY 2023



CLASS GOALS & INFO

20 Sessions (50 mins each) of group training on-site at Andrews Sports Institute throughout the school year with **certified, experienced trainers**

Wednesday Mornings - 9:00am - 9:50am

Age appropriate, specific **sport-focused** or **general training**

Focus on **power, speed, agility, flexibility, strength, & injury prevention education**

Growth in **self-confidence & leadership development**

Transportation to and from facility provided

Program Fee: \$350

FOR MORE INFORMATION - PLEASE CONTACT MR. BIECH AT PRINCIPAL@GCSPEI.CA