



# UPPER ELEMENTARY ATHLETIC PERFORMANCE TRAINING

*IN PARTNERSHIP WITH ANDREWS SPORTS INSTITUTE*

GRADE 4 - 6 WEDNESDAY MORNINGS

JANUARY - JUNE 2024



## 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 - 9:45am - 10:55am**

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](mailto:PRINCIPAL@GCSPEI.CA)





# JUNIOR HIGH ATHLETIC PERFORMANCE TRAINING

*IN PARTNERSHIP WITH ANDREWS SPORTS INSTITUTE*

GRADE 7 - 9 WEDNESDAY MORNINGS

JANUARY - JUNE 2024



## 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](mailto:PRINCIPAL@GCSPEI.CA)