



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# OFF-SEASON STRENGTH AND CONDITIONING

If you want to be an impact player on the field next season, you need to train hard during the off-season to prepare your body to excel. You need to train harder than your opponent! In this off-season strength and conditioning program, we will focus on building basic levels of strength, power, metabolic conditioning and flexibility. Special emphasis will be placed on basic barbell lifts, focusing on developing proper form to build an effective base with which, the athlete can train off of, for years to come. We will focus specifically on the Olympic-style lifts and basic strength movements such as the bench, squat and dead lift.

## **Ages**

13-18 yrs

## **When**

December 12th – February 1st

Monday/Wednesday

4:00 – 5:00 PM

## **Where**

Middleboro YMCA Branch

## **Contact**

Andrew Kelly x35

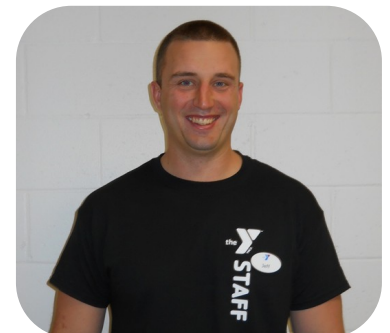
akelly@oldcolonymca.org

## **Cost**

\$105 member / \$155 non-member

## **Other Information**

This program will be coached by Jeff Olson. Jeff is a Certified Personal Trainer through the National Strength and Conditioning Association. He is pursuing a Bachelor's Degree in Exercise Science from Bridgewater State University. He is also a former United States Marine and has a strong desire to help people discover their underlying potential and achieve their fitness-related goals.



## **Old Colony YMCA Middleboro Branch**

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