

YOUTH SPORTS PERFORMANCE

TEAM & INDIVIDUAL SESSIONS AVAILABLE



10-12 YEAR OLD

CLASS: Wednesday
4:30 p.m.

\$40 per month for Moore Students and passholders

\$50 per month for non-residential students and non-passholders

Minimum is 3 athletes for class.

13-15 YEAR OLD

CLASS: Monday
4:30 p.m.

\$40 per month for Moore Students and passholders

\$50 per month for non-residential students and non-passholders

Minimum is 3 athletes for class.

INDIVIDUAL PERFORMANCE TRAINING

AGES: 10-15

\$15/hour session

\$125/10 hour sessions

Sports performance classes are designed to help athletes gain an edge over the competition. These classes will help athletes enhance their balance, coordination, speed, agility, flexibility, and overall performance on and off the field of play. Sports performance classes will help those who want to be a better all-around athlete for any sport by making movements more efficient and by working on joint stability along with all other facets of athleticism. Athletes will not only perform better while playing but sports conditioning has been proven to prevent or decrease injuries and create a more well-rounded athlete.

ABOUT THE COACH

Gary Warren is a NSCA Certified Strength and Conditioning Specialist with Distinction (CSCS.*D). He had the honor to begin his career working in 3 collegiate sports and wellness settings (Long Beach State, UCLA, and the University of Oklahoma). At Long Beach State, he was in charge of sports specific conditioning for the women's golf, soccer, and volleyball programs. Gary has continually worked with all ages as a personal trainer and sports conditioning coach. Gary's Certified Personal Trainer (CPT) credentials are from the National Strength and Conditioning Association (NSCA) and complimented with the prestigious Certified Muscle Activation Techniques® (MAT®) Specialist (CMATS) distinction. His Endurance Athletics coaching qualifications come from USA Track & Field (USATF) as a Level 1 Certified Coach. He graduated with a BS in Health & Sports Sciences at University of Oklahoma and was recently accepted to the online Masters Kinesiology program of California Baptist University.

Please note that days and times can be adjusted due to demand. Contact **Brighton Cargal** (bcargal@cityofmoore.com) or **405-793-5090**

Class passes expire 3 months after purchase. Athletes must attend a class with their age group.

TO REGISTER: See front desk.

For more information call Moore Parks & Recreation at (405) 793-5090



City of Moore
MOORE, OKLAHOMA