

YOUTH SPORTS PERFORMANCE



A CLASS FULL OF ATHLETES LOOKING TO BE BETTER

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 over-all 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.

JACOB'S MISSION STATEMENT

"My mission is to assist all athletes in reaching their training goals by educating them in practicing intelligent training and recovery strategies that will not only improve performance but also decrease injury risk. Intelligent training is based on training principles that are science based and enhanced by practical experience. Sound recovery principals are important for not only keeping the athlete healthy but to be able to perform optimally out on the field."

ABOUT THE COACH

Jacob Behara has been a strength and conditioning coach for several years and comes to Moore from Kansas. He has worked in professional baseball, with the Royals and Astros, Division I collegiate athletes, youth sports teams, and individual athletes. His main goal, when working with athletes of all ages, is to develop a complete athlete that is able to compete at his or her sport optimally. Jacob is passionate about creating an environment, in which athletes have fun while working hard to grow and develop their skills. Jacob graduated from OSU in 2014 with his Masters in Health & Human Performance and in 2012 received his Bachelors in Nutrition Sciences. Jacob is currently working on becoming a registered dietitian as well. He is a NSCA certified strength and conditioning coach, a USTFCCCA strength and conditioning coach, a sports performance coach level 1 through USA Weightlifting, and holds a certification in Reflexive Performance Reset.

FEE: \$50 for 1 month / \$40 for Annual Passholders/Moore Students
Private One-on-One, group, and team sessions available. Ask about a team discount.

WHEN: Ages 8-12, Wednesdays 4:30 p.m. / Ages 13(+) Thursday 4:30 p.m.

WHERE: Group Exercise room #2 or outdoors

INSTRUCTOR: Jacob Behara M.S. CSCS

TO REGISTER: www.cityofmoore.com/fun

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



City of Moore
MOORE, OKLAHOMA