

**“Youth Sport Performance”
Adolescent Athlete Sport Specific
Training Program**

****Youth Sport Performance(Sport/Exercise Nutrition + Functional Strength Exercise/Youth Sport Specific Training + Injury Prevention/Recovery Strategies + “Core Values” Based Leadership-Winning Mindset Training): 2(1hr) training sessions/week)***

“Functional Strength/ “Youth Sport Performance Session Details Below!

- ***(Example Key Areas Addressed: (SAQ)Speed, Agility, Quickness Drills***
- ***Rotational Power***
- ***Reaction Time***
- ***Functional Strength/Balance***
- ***Cardiorespiratory Endurance***
- ***Sport/Position Specific Drills”***

-Weekly(Outdoor Neighborhood Park) + “Sport Specific” Nutritional Coaching + “Injury Prevention/Recovery” Tips - Group Sport Performance Coaching-(Group = 5 Athletes = \$50/Athlete per session = \$100/Week: 2 sessions/week).

If you have any questions about the program, click the “chat” button on any of the pages at <https://elevatedwellness.biz/>

See you on the FIELD/COURT!!

Coach Gabe
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Precision Nutrition- Sport/Exercise Nutrition Coach
TRX Group Suspension Trainer