



**Times:** 6:30pm

**Dates:** M/W/F

**Location:** Texas Strength Systems

2418 Boardwalk St.

San Antonio TX 78217

**Details:** This is a small group of athletes focusing on learning good movement quality, injury prevention and joint stability. We do this by focusing on building and mastering the main movements in sport and lifting. How to jump, extend and accelerate. Proper technique with cleans, squats, deadlifts, presses, and pulls. Once they master the fundamentals for safety, then we can gradually increase intensity to help performance.

Strength Training in young athletes has been proven time and time again to reduce injuries. It also lowers the return time from injuries if it does happen.

**How to sign up:** e- mail or reach out by text to my contact ->

Alamoathletics.com | IG @Alamoathletics210 | FB: Alamo Athletics & Training LLC

## ATHLETE WEIGHT TRAINING AND PERFORMANCE GROUP

### PROFESSIONAL PLYOMETRIC & WEIGHT TRAINING COACHING

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## ALAMO ATHLETICS & TRAINING LLC.

Coach Blair Sohl MS, CSCS

12 Years D1 T&F/ strength and  
conditioning experience

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