

YOUTH SPORT PERFORMANCE TRAINING

STARTS

May 10th - June 4th

**Monday, Wednesday & Friday
3-4pm**

WHERE

UAF-Nanook Recreation

SRC 1910 Tanana loop, Fairbanks Ak 99775

**FEATURING · Strength Training · Agility Training ·
Conditioning · Speed Training · Sport Specific Training**

**All workouts are supervised by a certified strength and
conditioning specialist with 17yrs of collegiate strength
and conditioning experience.**

For More Information:

see our website or email cmccomb@alaska.edu

<https://uaf.edu/recreation/youth-rograms.php#strength>

**OPEN TO
AGES 10YRS
TO 14YRS**

**PICK THE
TRAINING
YOU NEED**

3 sessions per week

\$20 per session

**Groups are limited to
20 athletes**

PROGRESS

**Programs will be
developmentally
appropriate and
progressively
increase over the
summer.**

Contact

cmccomb@alaska.edu