

LINCOLN CENTER PROGRAMS

BEGINNERS AGES 6-8

INTRODUCTION AND AWARENESS PHASE

Designed to introduce all areas of athletic development in a fun and positive training environment. We focus on increasing movement awareness, coordination, speed and agility. This sets up a solid athletic foundation and establishes the building blocks of superior athleticism.

TRAINING

2 sessions/week

TIMES

Tuesday and Thursday
3:45-4:45pm

cost

\$90

DEVELOPMENT FOR TRAINING AGES 9-11

FOUNDATION PHASE

Designed to introduce all components of athletic training in a positive learning environment. Drills and applications are used to teach skills while keeping athletes attentive and using maximum effort. Athletes should come away from this program with improved athleticism and a positive attitude toward training.

TRAINING

3 sessions/week

TIMES

Monday, Wednesday and
Friday

3:45-4:45pm

cost

\$115

SKILLS FOR COMPETITION AGES 12-14

TRANSITION PHASE

This program is designed to take advantage of the growth spurt and natural changes of an athlete's body. We focus on change of direction, acceleration, and power. We continue developing flexibility and elasticity to combat physical growth issues, as well as enhancing speed, strength, stamina, power and agility.

TRAINING

3 sessions/week

TIMES

Monday, Wednesday and
Friday

5:00-6:00pm

cost

\$125

THE GAME & THE CHALLENGE AGES 15-18

GAME TIME PHASE

You have to stand out from the crowd so you can't do what everyone else is doing. Metrics and performance on the field are important when competing for starting positions and scholarships. In this program we focus on speed, bio-mechanics, stamina, strength, and preparation for your best stage.

TRAINING

3 sessions /week

TIMES

Monday, Wednesday and
Friday

6:15-7:30pm

Cost

\$150

LINCOLN CENTER SPORTS PROGRAMS

TENNIS

IMPROVES

- INJURY PREVENTION
- LATERAL MOVEMENT
- CORE BALANCE, STABILITY AND ROTATIONAL POWER
- OVERALL MUSCULAR AND CARDIOVASCULAR ENDURANCE

TRACK AND FIELD

IMPROVES

- RUNNING MECHANICS, SPEED, QUICKNESS
- ENDURANCE, STRENGTH AND STAMINA
- CORE STABILITY, BALANCE AND EFFICIENT MOVEMENT
- STRENGTH AND POWER FOR TRACK AND FIELD

VOLLEYBALL

IMPROVES

- VERTICAL JUMP
- REACTION TIME AND FOOT SPEED
- BODY CONTROL AND CORE STRENGTH
- UPPER BODY STRENGTH FOR INCREASED POWER

BASEBALL/SOFTBALL

IMPROVES

- HITTING POWER AND THROWING VELOCITY
- SPEED, QUICKNESS, AND AGILITY ON THE FIELD AND ON THE BASE PATHS
- CORE STABILITY, BALANCE, AND SWING EFFICIENCY
- ARM CARE AND SHOULDER/ELBOW INJURY PREVENTION

BASKETBALL

IMPROVES

- VERTICAL LEAP AND LATERAL QUICKNESS
- BALANCE AND STABILITY
- FOOT SPEED AND RUNNING STRIDE EFFICIENCY
- MUSCULAR AND CARDIOVASCULAR ENDURANCE

SOCCER

IMPROVES

- ANKLE, KNEE, AND HIP INJURY PREVENTIONS
- MUSCULAR ENDURANCE
- CARDIOVASCULAR ENDURANCE
- BALANCE AND STABILITY
- VERTICAL LEAP AND KICK VELOCITY
- SPEED CUT, RUNNING STRIDE EFFICIENCY, LEG STRENGTH AND POWER CUT

FOOTBALL

IMPROVES

- MUSCULAR ENDURANCE
- FLEXIBILITY AND MOBILITY
- OVERALL STRENGTH AND POWER
- SPEED, ACCELERATION, AND AGILITY