

LYSA



SPEED & AGILITY TRAINING SPORT SPECIFIC TRAINING PERFORMANCE TRAINING STRENGTH & CONDITIONING



Training Options:

\$100 - 1 Month Unlimited

\$40 - Per Hour Session

(inquire for more options)

Training Schedule:

Mon, Wed, Fri 6:30pm-9:00pm

Location: Alderwood Boys Girls Club

19719 24th Ave W - Lynnwood, WA

To Register:

<http://l-y-s-a.com/performance-training/>

Phone: 1-888-317-3040

Email: Jordan@lysa.info

For young athletes looking to bolster their agility and skill, the Lynnwood Youth Sports Association specializes in training techniques to increase overall athletic performance. Sports performance training helps young athletes prepare for more advanced activities and higher-level sports by focusing on a variety of different physical performance attributes, fostering well-rounded athletic performance. Because sports performance training focuses on the broad definition of physical education, it can be applied to any sports activity, be it soccer, softball, football, basketball, or anything in-between.

Sports performance and agility training with L.Y.S.A. is designed to focus on several different aspects of overall physical performance, including: agility, speed and quickness, coordination and balance, strength, power and explosiveness, and even reaction timing. These elements of overall athletic performance are grouped together systematically, according to their individual focuses.

The more dexterous skills—such as speed, agility, quickness, reaction timing, and balance—are grouped together under speed and agility training, helping young athletes focus on directional ability. To play any game, athletes must have the ability to change direction quickly and frequently; speed and agility training works on increasing athletic mobility.

Start healthy physical education and performance habits early, and let the Lynnwood Youth Sport Association help you get started with sports performance and agility training.

**SPORT SPECIFIC TRAINING WITH COACH JORDAN IMPROVES:
STRENGTH | POWER | SPEED | AGILITY | FLEXIBILITY
AND OVERALL PERFORMANCE**

1.888.317.3040 | jordan@lysa.info

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