



ATTENTION ALL POTENTIAL ATHLETES

CHELSEA MIDDLE SUMMER STRENGTH AND CONDITIONING PROGRAM

Chelsea Middle School is hosting strength and conditioning for all rising 7th and 8th graders that are already involved in Chelsea Middle School Athletics or want to be involved in CMS Athletics. MVP Training will be providing the professional strength coaches.

It is not a requirement that a student is already a member of a sports team. This opportunity is open to any student that may want to try out for a sport during the 2014 – 2015 school year.

**PARTICIPANTS MUST HAVE A VALID PHYSICAL ON FILE
USING APPROVED AHSAA FORM**

Where? Chelsea Middle School Track (or CMS Gym if weather is a problem)

When? June 3rd-July 31st 10-11:30 am on Tuesday, Wednesday, and Thursday (July 4th week off)

Cost? \$100 - Paid online at www.mvptraining.net/training

What type of training? Speed and Agility Training, Functional Movement, Bodyweight strengthening, and Plyometric Training

Improvement? 1. They will be given a movement screen to assess dysfunctional movement patterns. 2. MVP will be testing speed (40, 20, 10 yard dash), agility (ProAgility), and Power (Vertical Jump) all using equipment that is used in many professional combines. They will be tested at the beginning and at the end of the training to see any improvement. All times are certified and electronic so the times are real and accurate.

What kind of equipment? MVP Training uses bands of all types, weighted vest if needed, ropes, sleds, plyometric boxes ext. We have all types of equipment that helps to enhance athletic movement and limit injuries.

Who is doing the training? Brooks Barron is a Certified Strength and Conditioning Specialist (CSCS) for the National Strength and Conditioning Association (NSCA) and he is the owner of MVP Training. All strength coaches are trained under Brooks and have or are working towards certifications and degrees in Exercise Science and Sports Performance

Why is this important for my child? There are over 5 million injuries by youth each year. This number increases 3-5% every year. 1/2 of the injuries are preventable with the correct movement training and technique. Because we assess these movements MVP's trained eyes can spot and prevent potential injuries that can prevent your child from becoming the best athlete that they can be. It is very important that a trained professional is there to deliver this training because your child is at a very vulnerable age physically and if they are put into the wrong hands this can be disastrous.

To register, go to: https://docs.google.com/forms/d/1VrUDLBhjI9pnNKWvRU5XwNc_o1tcOxIEZJ2qLhksVo/viewform?usp=send_form

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