



Athlete Development Program

Our Athlete Development Program (ADP) is designed to be progressive and multi-directional. Every session will be uniquely tailored to all ages, all sports, and all previous experience. Training includes practicing linear and lateral movement patterns, high impact and low impact intensities, acceleration and deceleration changes. Objectives for the program include moving quicker, reacting faster, being more explosive, and reducing risk of injury. The program will be lead by Kristine Reynolds and Ethan Wright (The Training Room).

Kristine is a current club soccer coach and certified personal and group fitness trainer. She has 20+ years of soccer experience both in playing and coaching. Soccer is both a love and passion for her. She played four years of college soccer and continues to play within the WPSL league. She has coached at the junior college, high school, and club level. She specializes in strength and conditioning as well as speed and agility.

Ethan played high school football at American Fork High School and went on to play collegiately at Snow College. He is a NASM certified personal trainer and has been training and coaching for 8+ years. He specializes in sport performance training including conditioning, speed, and agility training.

Training Block #1

November 1 - December 15, 2022

Ages 12-17

Tuesdays & Thursdays

4:40-5:40pm

Nov 1, 3, 8, 10, 15, 17, 22, 29, Dec 1, 6, 8, 13, 15

13 sessions

\$195

URL: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=6215&GroupID=3277388>

Ages 8-12

Tuesdays & Thursdays

5:40-6:40pm

Nov 1, 3, 8, 10, 15, 17, 22, 29, Dec 1, 6, 8, 13, 15

13 sessions

\$195

URL: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=6215&GroupID=3277390>