

JR. KNIGHTS YOUNG ATHLETE CLASS

The Jr. Knights Athlete Class will progress from the fundamentals of athlete training taught in the young athlete class. We will be working on improving explosiveness in all planes of movement, core strength, upper and lower body strength, speed, agility, and injury prevention. This class will then progress through the program day-to-day and week-to-week. It is important that the kids stay consistent attending the class.

Date: November 7 - December 21 (skip 11/23)
Day: Mondays & Wednesdays
Time: 5:00 - 5:45pm
Location: Nicolet High School - Strength & Conditioning Center
Grade: 5th - 8th
Fee: \$45.00R/\$55.00NR
Program#: 113071-01
Min/Max: 10/30
Instructor: NUHS Strength & Conditioning Staff



register online at: <https://web2.vermontsystems.com/nicolet.html>



Nicolet Recreation

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