

2023-2024 SCHOOL YEAR

ATHLETE PROGRAM



SEPTEMBER-MAY
TUESDAY / THURSDAY

YOUTH (3RD-6TH GRADE): 3:15-4:15PM
ADVANCED (7TH GRADE & UP): 4:15-5:15PM

This month-to-month program runs for the school year, and athletes may join at any time.

Athletes start with a specific warm-up, followed by supervised and coached movement and field work, finishing with a full body strength routine.

\$119



Please contact Chris Ludwig, our Director of Sports Performance, at chris.l@alexness.com to enroll.

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