



**2022-2023 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.

**\$109**



Please contact Chris Ludwig, our Director of Sports Performance, at [chris.l@alexness.com](mailto:chris.l@alexness.com) to enroll.

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