



**NOONAN  
SPORT  
SPECIALISTS**

# SCHOOL YEAR ATHLETE PROGRAM

**SEPTEMBER-MAY**  
**TUESDAY / THURSDAY**

**YOUTH (4TH-8TH GRADE): 3:30-4:30PM**  
**ADVANCED (9TH GRADE & UP): 4:30-5:30PM**

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**

**CHOOSE NSS TO HELP YOUR ATHLETE REACH THEIR GOALS THIS YEAR!**

As parents, we understand that you want the best for your athlete - and so do we!  
That's why we pride ourselves in providing...

- Thousands of hours of experience training athletes in the Alexandria community
- Sessions conducted under the watchful eye of a certified Youth Fitness Specialist
- Guidance you can trust, in a safe environment

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

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