



Athletic Performance Training Program

The Athletic Performance Training Program is a great way for your club, team, or youth athletics organization to prepare it's athletes to perform to their potential.

Stand out from the crowd with your commitment to athlete development!
Fully customized programs are available to fit the needs of your group!

What is the Athletic Performance Program:

- Provides specific athletic movement training for youth athletes
- Training is open to athletes of all sports, ages, and genders
- Options for small groups, teams, and/or entire youth sport organizations

What will athletes get out of this Program:

- The Program will help athletes improve running/ movement mechanics, footwork/footspeed, general conditioning/fitness, flexibility,and strength
- Athletes will also learn about the importance of proper training and build their own arsenal of training tools to use throughout their careers

How is the Program Structured:

- Program length can be 5, 7, or 10 weeks
- Athletes will train in similar age/ability groupings (*ie grades 4-8 & 9-12*)
- Each training session will be 1 hour in length
- For larger clubs/groups back to back sessions would be recommended

RCNSportSource LLC. is owned and operated by former NCAA Head Men's Soccer Coach and Athletic Director, Rob Nydick. Rob has over 15 years of experience working with athletes on all levels. He is a Certified Strength and Conditioning Coach (CSCS) through the National Strength and Conditioning Association and holds advanced coaching licenses from the US Soccer Federation and the United Soccer Coaches Association.

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