

SUMMER 2023 ATHLETIC DEVELOPMENT PROGRAM



**LIFT**  
LIFESTYLE INTEGRATED FITNESS TRAINING  
**ELEVATE**  
**YOUR**  
**GAME**



# ***ATHLETIC DEVELOPMENT PROGRAM 2024***

## ***LIFT ATHLETIC DEVELOPMENT PROGRAM 2024: June 24-August 22***

LIFT's training program has been specifically designed to improve an athlete's overall "on-field" performance while decreasing the chances of injuries, using proven strength and conditioning methods including: Movement Mechanics, Injury Prevention Exercises, Linear and Lateral Speed Drills, Plyometrics, and Olympic Style Lifts. More importantly, each participant will receive hands on training from degreed, certified, and experienced professionals, many of whom have participated in intercollegiate sports. Our 40+ years of collective experience developing athletes of all levels have made LIFT the premiere athletic development program in Westchester County.



# LIFT

## PROGRAMS

LIFT offers three convenient program options to choose from:



### ***SPEED, AGILITY, AND QUICKNESS PROGRAM***

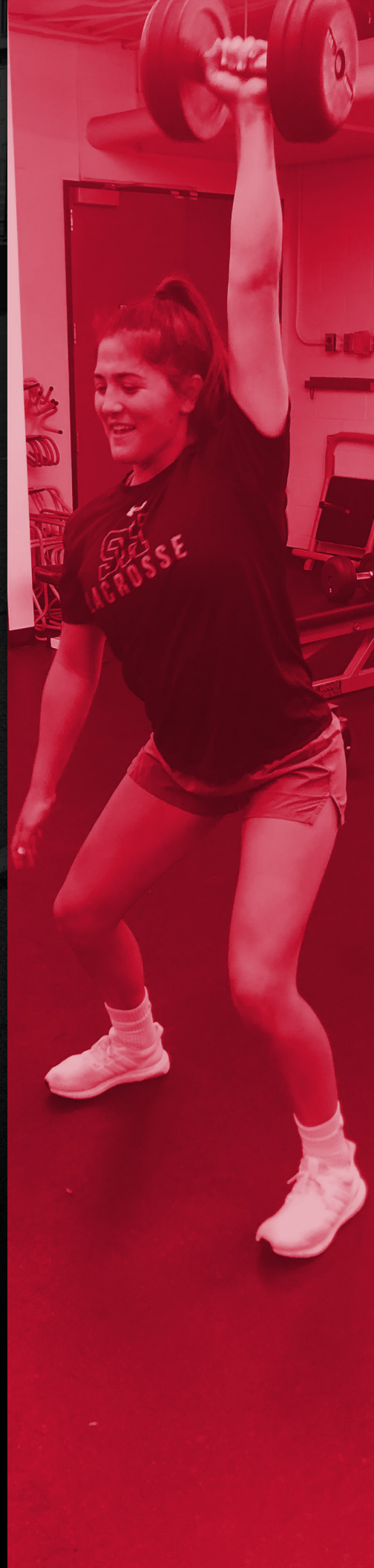
This 90-minute program emphasizes the development of a faster, more agile and well-conditioned athlete. Participants will begin by learning proper sprint and movement mechanics and then safely progress into more intense speed, agility and quickness training to improve overall athleticism. Finally, athletes are guaranteed to come to pre-season training in the best shape of their life through our intensive sports conditioning program, which will challenge each athlete mentally and physically. The Speed, Agility and Quickness Program is held four (4) days per week (Monday through Thursday).



### ***STRENGTH AND CONDITIONING PROGRAM***

This program emphasizes the development of the complete athlete and represents our most popular program. Participants of this program are trained to be stronger, faster and better conditioned than the competition. Included in this comprehensive program are all the components of LIFT's Speed, Agility & Quickness Program, plus an additional 75 minutes of resistance training to support a stronger and more functional athletic foundation. The Strength and Conditioning Program is held four (4) days per week (Monday through Thursday)





***TO REGISTER:***

Applications are available via email by calling 914-414-6241. Fill out the application and return it with payment. Full payment must be received by June 14, 2024 to hold placement.

***CANCELLATION POLICY:***

Prior to June 14, payments will be refundable in full (minus a \$125.00 cancellation fee). Cancellations after June 24 are non-refundable.

***All LIFT Programs will be held at:***

SUNY Purchase Athletics Complex  
735 Anderson Hill Road, Purchase, New York 10577  
T: 914.414.6241 | F: 914.251.4431 | E: go2lift@gmail.com