

Athletes in Training

Memorial's Athletes in Training for Competition (A.T.C.) program is an intensive four week program designed specifically for junior high athletes. Our goal is to improve the athlete's skills as well as decrease the potential for injury.

What to Expect

Memorial's A.T.C. program focuses on the following:

- Flexibility
- Strength & Endurance
- Agility & Balance
- Power

The athletes will meet in small groups of 5-6. The program will run twice a week for four weeks. The groups will be set up by entering grade level (grades 4-6 and 7-8). Each group will work with a certified Athletic Trainer to improve their sport specific skills for one hour each session.

Where to Meet

This program is held at either BTHS East or BTHS West. Please contact (618) 257-5250 to make a reservation. Weather permitting, the athletes will be outside. Please dress according to the weather and wear comfortable tennis shoes. Athletes will need to bring their own water or sports drink.

Program Fee: \$40

Staff Qualifications

Our program staff has a Bachelor's and/or Master's degree in athletic training, physical therapy, and/or education. They are also members of the National Athletic Trainers' Association. This program is based on scientifically-researched and proven exercises/drills for the developing athlete.

1st Session

June 18 - July 13, 2007

Monday/Wednesday

4th-6th Grade	9 a.m. - 10 a.m.
7th-8th Grade	10:30 - 11:30 a.m.

Tuesday/Thursday

4th-6th Grade	9 a.m. - 10 a.m.
7th-8th Grade	10:30 - 11:30 a.m.

2nd Session

July 16 - August 10, 2007

Monday/Wednesday

4th-6th Grade	9 a.m. - 10 a.m.
7th-8th Grade	10:30 - 11:30 a.m.

Tuesday/Thursday

4th-6th Grade	9 a.m. - 10 a.m.
7th-8th Grade	10:30 - 11:30 a.m.