



# NEXT LEVEL

## Sports Performance Training

### SouthSide Sports Performance Training- Taking Athletes to the Next Level

Next Level training is designed to take young athletes to the Next Level by **increasing strength, speed, endurance, flexibility and overall athleticism, while reducing the possibility of injury.**

SouthSide's Next Level training helps athletes in the **9 -18 year age group** vastly improve their talent level. For the teen athlete with their eyes on earning a college scholarship, to the beginner who is learning the game and trying to make the team, Next Level training at Southside is the place to help young athletes achieve their goals.

All groups run year-round and do not exceed 9 athletes per group. Each class will stress proper technique and functional training movements under the supervision of a certified trainer and certified speed and agility coach. Character Development and Team Building are cornerstones of Next Level Sports Performance Training. Confidence, Self-Esteem, Respect, Hard Work, and Team Building are emphasized in each training class. Learning core principles benefit a child both on and off the field.

No matter the sport, no matter the skill, SouthSide's Next Level training is designed to help athletes realize their full potential, contact us at **(828) 322-6718** to learn more.

**TRAIN WITH THE BEST TO BE THE BEST**

74 8th Street SE • Suite #230 Hickory, NC 28602  
Conveniently located at Moretz Mills near Lenoir Rhyne University

828-322-6718  
SouthSidePF.com



# NEXT LEVEL

## Sports Performance Training

### Jump Start

45- Minute Small Group Sessions, designed to set the foundation for success in any sport by focusing on coordination and movement patterns through the use of strength, core, flexibility, and plyometric training. Our fun and positive training environment is designed to establish a strong foundation of athleticism and a life-long enjoyment of physical activity.

- Running technique
- Athletic Coordination
- Balance
- Beginning Strength Training
- Agility
- Character Development
- Team Building

#### Class Times

Tuesday and Thursday  
5:15pm - 6:00pm

#### Pricing

\$8.00 Per Session

### Accelerated

45- Minute Small Group Sessions, progresses athletic development by improving upper and lower body strength, increasing speed, and movement awareness. No matter your child's activity or sport of choice, Next Level Sports Performance Training will improve strength, increase endurance, and most importantly build confidence. Training with us is more than just fitness, it is fun, interactive, and engaging!

- Strength Development
- Speed and Agility
- Baseline Movement
- Balance and Stability
- Character Development
- Team Building

#### Class Times

Tuesday and Thursday  
4:30pm - 5:15pm

#### Pricing

\$8.00 Per Session

### 1-On-1

30- Minute individualized training, focused on elite athletes of all ages, who aspire to compete in his/her specific sport at a competitive level. This individualized coaching program focuses on the athlete's individual needs, goals, and improvements needed to play, and stay at the top of their game!

- Customized to the individual
- Goal Oriented
- Strength Training
- Speed and Agility
- Character Development

#### Class Times

We offer convenient times that match your schedule, call us today to learn more!

#### Pricing

\$25 Per Session

**TRAIN WITH THE BEST TO BE THE BEST**