## PROGRAM OVERVIEW:



year-round athletic development program for youth athletes ages 10 to 18, built around the sports calendar.

The focus shifts with the season to support in-season performance and off-season development across all sports (soccer, basketball, baseball, tennis, etc.). The key insight being off-Season is focused on Adaptation & Development, while In-Season is based on Execution & Preservation.

For more information on Athlete365 please contact us at alexandert@columbiaathletic. com or call 425.745.1617 Ext. 453.





Columbia Athletic Clubs - Silver Lake
505 128th Street SE • Everett, WA 98208
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# TIER 1:

## 45 MIN. SESSION 1X PER WEEK \$60 + TAX/WEEK

"Perfect for developing athletes who need a strong base."

- Core strength training, balance, & injury prevention
- Age-appropriate strength & agility training
- Ideal for general athletic development or multi-sport athletes

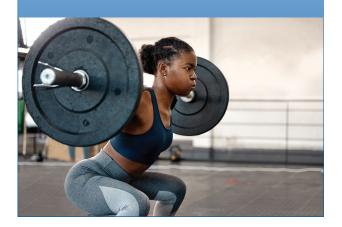


## TIER 2:

#### 45 MIN. SESSION 2X PER WEEK \$120 + TAX WEEK

"For athletes looking to gain an edge in their sport."

- Includes everything in tier 1 plus:
- Sport-specific conditioning & movement patterns
- Intro to power training (med balls, plyos, bands)
- Agility & quickness training



# TIER 3:

## 60 MIN. SESSION 3X PER WEEK \$210 + TAX/WEEK

"For serious athletes committed to year-round improvement."

- *Includes everything in tier 2 plus:*
- Advanced agility, power, & injury prevention training
- Monthly progress/performance testing
- Nutrition guidance for sport
- Advanced recovery training

