

# PROGRAM OVERVIEW:



**A** 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.



## ATHLETE365 YOUTH SPORTS PERFORMANCE



Columbia Athletic Clubs - Silver Lake  
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[www.columbiaathletic.com](http://www.columbiaathletic.com)

# TIER 1

FOUNDATION TRAINING

**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

COMPETITIVE ATHLETE

**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

ELITE PREP

**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

