



TEL# 714-960-8895  
INFO@OC-YSA.ORG

# ATHLETIC EDGE TRAINING

**SPEED • CORE STRENGTH • FAST-TWITCH • AGILITY**

THIS PROGRAM WILL TAKE YOUTH ATHLETES TO THE NEXT LEVEL

SPEED, FOOTWORK, CORE, POWER, BALANCE, STRENGTH, COORDINATION, AND RHYTHM WILL ALL BE TRAINED AND ENHANCED. THESE ARE THE ELEMENTS OF TRUE ATHLETICISM

SCIENTIFICALLY PROVEN TRAINING METHODS WILL BE IMPLEMENTED TO OVERCOME PLATEAUS AND INCREASE FAST-TWITCH MUSCLE FIBER ACTIVATION



MON/WED/FRI  
4:15 - 5:15 PM

## 5 - 15 Y.O.

AT LAKE PARK  
(NEAR THE CLUBHOUSE)  
1035 11TH STREET,  
HUNTINGTON BEACH

SIGN-UP AT:  
**WWW.HBSANDS.ORG**

141345 (WINTER)

341345 (SUMMER) 441345 (FALL)

- 5 - 10 Y.O. & 11 - 15 Y.O
- M/W/F 4:15 - 5:15 PM
- TRY YOUR FIRST CLASS FOR FREE. NO COMMITMENT.

WE CAN PRORATE LATE SIGN-UPS • ASK ABOUT OUR TEAM DISCOUNTS