

Athlete Development Program

With the competitive nature of children's athletics; parents, coaches and trainers are starting to seek out athletic training programs. While conditioning for kids is important for athletic performance, it is essential to make sure these junior athletes receive safe, proper instruction to prevent injury and ensure proper mechanics for growing bodies.



Ages 8-11 (Youth)

The Youth program is conducted in 60 minute sessions designed to introduce and create foundations of overall athleticism in a fun, positive, and high success environment. We emphasize running technique, athletic coordination, balance and relative strength as we introduce essential muscular movement patterns and strength training.



Ages 12-14 (Junior High)

In this second stage, this program focuses on progressing and maintaining athletic movement while refining and ingraining fundamental skills of speed, agility, and power. During this stage it is very important to understand the growth and development characteristics of children and the variations between female and male athletes to prevent injury and maximize performance.



Ages 15+ (High School)

Athletes in this age group develop neuromuscular patterns and the fundamental skills of speed, agility, and power. These 90 minute sessions emphasize physical attributes that contribute to success. Athletes focus on strength, power, strength/power endurance, speed, quickness, agility, movement skills, deceleration, balance, reactivity, aerobic power, anaerobic capacity, flexibility, coordination and body awareness to optimize sports performance.



Elite Athletes

This program is reserved for a smaller pool of elite athletes. College bound, professional and international athletes all train together in a program designed to achieve the highest level of performance.



Athletic Rehabilitation

Located on-site, Physical Therapist rehabilitate athletes following a surgery or injury. Athletes will work with the Athlete Development Program in conjunction with their Physical Therapy.



Al Biancani, ED.D, CSCS*D

Al was the head strength and conditioning coach for the NBA's Sacramento Kings for 18 years. He held the same title for the 2005 WNBA Champion Monarchs and the Chinese Men's and Women's Olympic basketball teams. Al has trained 1000's of professional, college and high schools athletes in all sports for 45 years.



**Roseville Health
& Wellness Center**

Program cost: \$250 per month or \$25 drop in fee.

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