FOUNDATIONS

WITH STRENGTH ACADEMY

Strength Academy Foundations is an **8-week** Athletic Development Program designed specifically for middle school athletes and individuals who want to become stronger, faster, more powerful, and more athletically confident.

This program is about more than simply lifting weights. It serves as an introduction to the culture, mindset, discipline, and effort expected of athletes at the high school level, while giving young athletes the foundation they need to confidently make that transition.

Our goal is to maximize each athlete's potential by building three essential athletic qualities: **Power** Production, **Power** Transfer, **Power** Absorption

Athletes will learn how to generate force, efficiently transfer that force into athletic movements, and safely control and redirect force.

The program focuses on:

Strength Development — Learn proper lifting technique while building foundational strength.
Speed & Agility — Develop acceleration, deceleration, change of direction, and body control.
Power — Improve explosive ability through jumping, throwing, and other powerful movements.
Athleticism — Build coordination, balance, mobility, stability, and overall movement quality.
Confidence — Learn how to train, challenge yourself, and take pride in your progress.

Foundations is the bridge between youth athletics and the next level. We aren't just training athletes for the sport they're playing today—we're building the strength, movement skills, confidence, and physical foundation they'll need for where they're going next.

BUILD the foundation. **BECOME** the athlete. **PREPARE** for the next level.

EIGHT WEEKS	3:30 OR 4:45	**1** HR	**20** SPOTS **10** PER SESSION
TRAIN EVERY TUES & THURS	$250		JAN - FEB 2027 MAR - APR 2027 JUN - JUL 2027