



PATHWAY TO EXCELLENCE PROGRAM

OBJECTIVES

- Improve athletic performance and confidence
- Enhance strength an, speed, agility and endurance
- Reduce risk of injury through proper training and conditioning
- Develop mental toughness and resilience

OUR PROGRAM

- Expert Coaching: Our team of experienced, certified coaches have a proven track record of developing athletes who excel at the local, provincial, and national levels.
- Customized Training Programs: We create personalized training plans tailored to each athlete's specific needs, goals, and sport.
- Our facility features proper equipment, ensuring athletes have access to the best tools for optimal performance.
- Sports-Specific Training: We offer specialized training programs for a variety of sports, including hockey, football, basketball, soccer, baseball, swimming and more.
- Plyometrics and Agility Training: Our expert coaches will help athletes improve their explosive power, speed, and agility.
- Strength and Conditioning: We focus on building overall strength, endurance, and flexibility to enhance athletic performance.
- Nutrition and Recovery Guidance: Our team provides guidance on proper nutrition, hydration, and recovery strategies to support optimal performance and overall well-being.
- Mental Performance Coaching: We offer coaching on mental toughness, focus, and confidence-building techniques to help athletes perform at their best.



PATHWAY TO EXCELLENCE PROGRAM TIMES

Monday to Thursday
8:30am - 10:00am

SCHEDULE A TOUR



6601 43 St C, Lloydminster
(639) 840-3627

