



SUMMER TRAINING

OCHSNER PERFORMANCE

Speed, Agility, & Conditioning Development

- Sprinting technique
- Quickness, coordination, and balance
- Endurance

Plyometric Training Development

- Jumping and landing technique
- Explosive functional movements

Strength Development

- Introduction to weight lifting
- Core training
- Injury prevention



Location:

Academy of Our Lady

Days:

Tuesday and Thursday

Time:

7:15am-8:15am

Dates:

June 4th-August 1st

Price: \$135.00

ENROLL TODAY!

Contact Coach Lance Lacoste
Lance.lacoste@ochsner.org

OCHSNER PERFORMANCE TRAINING

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