



Pricing

\$15 per session

\$100 for 8 sessions

Group/Family Rates Available

Dates and Times

This program will run for four consecutive weeks on Tuesday and Thursday. Athletes are expected to arrive prior to 6:30pm and be ready for instruction (dressed appropriately and running shoes on) at 6:30pm. Athletes may be picked up after 8:00pm. There will be breaks for water and athletes are encouraged to bring a refillable water bottle with them.

Who We Are

Our Coach

Jaime Reeves is a graduate of Canadore College's Strength and Sport Conditioning Program. She is also a NCCP Certified Weightlifting Coach that has worked with athletes of all abilities from many different sports.

Our Gym

Studio 410 opened its doors in 2015 and has been growing ever since. Owners Devan and Paige Ballagh began working with athletes on their home farm before creating their new work space. With newly installed weightlifting platforms and lots of new equipment, it is an ideal place for an athlete to train.

Sign Up Now

Contact Jaime Reeves

Phone: 519-323-8396

Email: s410weightlifting@hotmail.com

Web: www.studio410.ca



28 Clinton Street South,
Teeswater, Ontario



Intro to Strength & Conditioning For Athletes

Ages 12-18

*Tuesdays & Thursdays starting
April 18th*



What is Strength and Conditioning?

Strength and Conditioning is a simple way for athletes to get stronger, faster, and more powerful within their sport. It can be used during pre-season, in-season, and post-season. Stronger athletes also have a lower rate of sport related injury.

Why should I Participate?

Athletes that participate in this camp will learn the fundamentals of strength training, they will be introduced to Olympic Weightlifting, and they will learn the basics of programming workouts.

Together, these tools will allow an athlete to have the confidence to walk into a gym and create a workout for themselves that will make them a better athlete. It will also ensure athletes are moving safely so that they can train injury free.

“After training with Jaime I found I was much stronger on my skates and one of the fastest players on the ice at training camp”

– Mitch Borth of the Hanover Barons

Athletes will create goals specific to their sport and learn how to achieve them through strength and conditioning workouts.



Program Overview

During the first week athletes will be introduced to foundational movements required to build total body strength and stability. They will be shown how to program strength workouts around these movements.

In the second week athletes will be introduced to the Olympic Lifts (snatch and clean & jerk) to promote total body power production. They will be shown progressions through these movements and how to use them to become faster/more powerful in their individual sports.

The final two weeks of the program will have athletes putting these functional movements into strength workouts followed by fun conditioning workouts tailored to each individual's sport needs.