



DIAMOND
FAMILY FITNESS CENTER 
at the

Off-Season Speed, Agility, Strength and Conditioning with the Diamond Family Fitness Center

The core focus of our training will be on improving and teaching your athletes conditioning for sport through strength, cardiovascular fitness, core stability, flexibility/mobility, and speed and agility work with one of our highly-skilled trainers who specialize in sports performance and conditioning for soccer, football, field hockey, volleyball, track, basketball, lacrosse, golf and more.

We will specifically modulate aerobic, resistance, and/or flexibility training to suit the metabolic and physical demands of the sport in question. Our trainers will determine the type of exercise, duration of exercise, and frequency including total session volume, rest period, and intensity. They may also be involved in prescription of stretching routines and mobility work as needed.

Our trainers will focus on improved athletic performance through conditioning while fixing mobility and incorrect form issues. Research has demonstrated that not only does off-season training improve performance but that incorrect training can cause decrements to performance. Using techniques such as plyometrics in some high-power athletes and sports-specific movements in others, our trainers will improve physical function and athletic performance.

Athletes will begin the program with a series of base line tests and screening in order to determine their starting level. From here a more graded expectation can be established and a training plan can be implemented.

Athletes have the option of training as individuals OR with a team.

For more information or to sign up, please contact Jason Goggins at 559-6237 or jgoggins@columbusjcc.org.

8-week sessions with 2 trainings per week (16 total trainings)

Individual: JCC Members, \$200; Non-Members, \$250 (includes membership)

Team (min of 5, max of 15): JCC Members, \$175; Non-Members, \$225 (includes membership)



**SPEED, AGILITY,
STRENGTH AND
CONDITIONING
TRAINING**