

ATHLETE

DEVELOPMENT LAB

(ADL)

Fees

\$350 Tuition + \$50 Non-refundable materials fee

LAMP accepted (contact for details)

Description

For 5th-12th grade boys & girls.

An "athlete" is one who is learned in how God created the human body to **move** and **thrive** and **conquer** physical challenges. In this class, the young men & women will be presented with myriad difficult and unfamiliar (but very FUN) physical puzzles to overcome.

Specific Aspects:

- Human anatomy & physiology concepts
- Nutrition concepts
- 6 Major sport focuses in the year
- Strength & conditioning



Instructors

Jonathon Strefling is married to Heather (K-4th Gym) with 3 children they homeschool. Jon is a Doctor of Physical Therapy with other experiences in sports education as well as private health & nutrition coaching.

Contact: Jon@MySaltyFitness.com