



Fall - Winter Training Schedule

Every Thursday from 4:30pm to 5:15pm both youth and mentors involved in this program will meet at the Field House for running and walking. This will provide an opportunity to gain confidence and learn the basics of running and walking. We also meet on Sunday from 2:00 to 4:00pm at the YW/YMCA to work on introductory strength and conditioning. This provides both mentors and youth the opportunity to ask questions or just to seek some direction.

Mike Jacobs is very experienced in the area of strength and conditioning and has been involved with athletics for many years. He will be available over the 2008-2009 seasons to help mentors and youth to set up personal training programs. Please e-mail Mike to setup a consultation:

<mailto:jacobstaekwondo@gmail.com>