

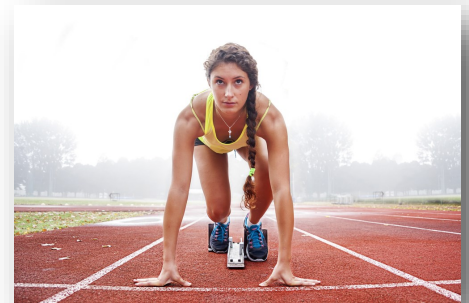


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# TRAINING TODAY'S YOUNG ATHLETE

INTERACTIVE PRESENTATION  
**LAKELAND HILLS FAMILY YMCA**  
FREE COMMUNITY EVENT OPEN TO ALL



Parent & Teen Awareness Month concludes with an interactive presentation on proper training techniques. First half of the class will be educational; second half will feature activity-based challenges. Participants should wear comfortable workout clothes. Highlights include:

- Decrease your risk for injury or overcome an injury
- Demonstration of and participation in proper training techniques
- How to improve athletic performance
- Addressing muscle imbalances and specific joint abnormalities

Presenter Dr. Nick Buonforte, PT, DPT, FRCMS, SFMA, CSCS, FMT, takes a close look at what, how, and why athletes need proper training techniques. If you have your form down, you'll reap major benefits and decrease your risk for injury. This is an interactive program, with an introduction/presentation followed by training assessments and activities. Perfect program for middle and high school athletes desiring to make a difference on the field.

## DATE & TIME

Tuesday, March 27 from 6:00-7:00pm

## REGISTRATION

Online, in person, or call the Y

## CONTACT

Rosemary Linder Day:

## LAKELAND HILLS FAMILY YMCA

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