



## Pre-Season Weight Lifting Training Program

### **Thursday Night Date(s):**

January 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup>

February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>

### **Time: 6:00 PM – 7:00 PM**

Cost per Player per Session: \$10 / All Eight (8) Sessions: \$80

Ages: Twelve (12) to Seventeen (17) Years Old

Location: Mezzanine Level Area

### **Lead Instructor: Scott Geisen / G-Force Sports Performance**

Scott Geisen has been a Certified Strength and Conditioning Specialist (CSCS) for twenty-eight (28) years and a Certified Athletic Trainer (ATCr) for twenty-seven (27) years. Scott has been teaching Physical Education at Amherst High School for the past twenty-five (25) years. Scott has a Bachelor of Science Degree from the University of Tennessee in Exercise Science and a Master of Science Degree from Western Michigan University in Athletic Training.

### **Areas of Focus:**

Proper Warm Up, Proper Lifting Techniques, Proper Spotting Techniques, Program Design, and Flexibility & Mobility Exercises

**Register for as many sessions or as few sessions as you would like at:**

**<http://www.lancaster-depewbaseball.com/LDB/indoor-facility-2>**