



ATHLETE NOW is an organization focused on Athlete Development. Youth ages 7 and up will benefit from Strength, Conditioning, Endurance, Mobility and Speed training and can be coupled with sport skills training in the Fundamentals of your sport. Aimed at increased athleticism and technique.

THANK YOU EDMONTON & AREA

ATHLETE NOW is proud to partner with Edmonton & Area Coaches, Clubs, Teams, Schools and Parents to develop healthier, more fit and more competitive athletes.

These efforts not only forward our youth, but also our sport.

It is easier to build strong children than to repair broken men.

Frederick Douglass



ATHLETE NOW

Youth Fitness & Sport Skills Programs
Edmonton, Alberta
780-293-7055

athletenowcamp@gmail.com
www.athletenow.ca



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**SUCCESS TRAINS;
FAILURE COMPLAINS**



Enrol in one of our Sport Camps!

- Available for a variety of sports
- Pre-planned programs with Open Registration
- Participants receive Training Plans, Training Gear, Exclusive access to our Online Locker Room
- May include Video Analysis and review
- Single Event and weekly camps are hosted throughout the year.



Training young athletes PROPERLY is imperative in their development. Our Coaches are specialists providing age specific instruction & exercise to avoid injury while promoting progression.

Custom Individual or Team Programs!



Choose your Focus(es):

- Strength, Speed, Agility, Mobility, Endurance, and more
- Sport Fundamentals
- Technique

Choose your Features:

- Video Footage (provided with no review)
- Video Analysis
- Athlete Training Plans
- Tracking & Monitoring
- Training Frequency (weekly / single event)
- Location

Private Birthday Boot Camps!

- Select your Sport
- Hosted in our Gymnasium or your location (activities may be limited based on location limitations)
- Receive instruction in your sport on skills, drills, training exercises & play games
- Select from our Rookie, Bronze, Silver or Gold Package or contact us to Customize your party.
- Download the Party Invitation from our Website, or request your Sport Specific Invitation when booking!



ATHLETE NOW is proud to be the premier choice for customized Youth Sport Programs. Contact us with any questions!