

Cedar Valley

ATHLETIC CLUB

**Cedar Falls Junior High Sport Training
Starts April 21st and April 22nd
visit: cedarvalleyathletic.club**

CVAC

Peet Junior High Sport Performance

The program will take place on Mondays at 8:00am to 8:50am and Wednesdays from 6:40am to 7:30am at Peet Junior High Gym. Our experienced strength and conditioning coaches will work with the athletes on a program focused on improving strength, coordination, and conditioning. Correct movement techniques will be taught for strength training and agility. We understand that athletes may be in a spring sport season and we will work with the athletes by incorporating active recovery techniques in place of conditioning on those days.

Who

Boys and Girls in grades 7th to 9th Grade

Where

Peet Junior High

When

8:00 am to 8:50 am, 04/21/2025

Cost

\$45

REGISTER

CVAC

Holmes Junior High Sport Performance

The program will take place on Tuesdays and Thursdays from 6:40am to 7:30am at Holmes Junior High Gym. Our experienced strength and conditioning coaches will work with the athletes on a program focused on improving strength, coordination, and conditioning. Correct movement techniques will be taught for strength training and agility. We understand that athletes may be in a spring sport season and we will work with the athletes by incorporating active recovery techniques in place of conditioning on those days.

Who

Boys and Girls in grades 7th to 9th Grade

Where

Holmes Junior High School Gym

When

6:40 am to 7:30 am, 04/22/2025

Cost

\$45

REGISTER