

## Biographies

### **Matt Konrad, CSCS, USAW**

"Strength training has truly made the difference in my athletic career. It carried me through high school sports to collegiate competition. From overcoming injuries, opponents, several personal bests, and a college record. There is simply no better substitute for any athlete than just being strong."

### **Jeff Pooler, NSCA-CPT, USAW**

"As a former high school and college athlete, I always wanted to do the best that I could. I quickly discovered the key was my strength and conditioning level. Building on speed, agility, power, and quickness brought me to the next level in performance. Conditioning also helped to prevent reoccurring injuries I had suffered in the past. You can be a good athlete, but one has to put in the work to be a GREAT athlete."

## Athlete Testimonial

### **Elijah Sterner,**

### **Wrestling State Class AA 2nd Place**

"The lifting programs have been very beneficial for me in a way that it's not only helped me keep up my strength during the sports seasons, but it has also given me extra confidence in myself as I am able to do more things than I have ever before. It has given me the competitive edge in wrestling where I am just physically stronger than my opponents."

Overall, lifting has been not only good for me, but it has also helped everyone around me who has been a part of the program."

## Helpful Information

- 8 weeks of training
- 1.5 hour sessions
- Training includes both pre-test and post-test of sport specific skills.
- Call for team pricing
- Registration ends May 24th

**RAISE THE BAR**

**TODAY!**

## Marshall Area YMCA

200 South A Street  
Marshall, MN 56258

### Contact

Matthew Konrad  
Phone: 507.532.9622  
Email: [mkonrad@marshallareaymca.org](mailto:mkonrad@marshallareaymca.org)

  
**MARSHALL AREA YMCA**  
**RAISE THE BAR**

**SPORTS**

**PERFORMANCE**

**TRAINING**

**SUMMER**  
**2019**

**June 3 - August 2**



### **CRAVE**

“When you want to succeed as bad as you want to breathe, then you’ll be successful.”

Eric Thomas

### **COMMAND**

“Do not let what you can not do interfere with what you CAN do.”

John Wooden

### **CONQUER**

“It is not the mountain we conquer but ourselves.”

Edmund Hillary

Young athletes today are getting bigger, faster, and stronger each year. Records are being broken and new levels reached. Stay ahead of the competition with the Y’s **RAISE THE BAR** sports performance training system.

Matt Konrad, Certified Strength and Conditioning Specialist, and our personal trainers will prescribe and direct individualized sport specific training regimens designed to **RAISE THE BAR** of your performance. Sessions are all 1.5 hours and designed with scientifically proven methods that work.

### **OUR GOAL:**

Give athletes long term command of their strength, speed, agility, endurance, balance, acceleration, vertical, mobility, and mental toughness; all while preventing injuries.

**RAISE**  
**THE BAR**

## **Package Information**

### **Monday - Wednesday - Friday**

Member: \$300  
Non Member: \$350

### **Tuesday - Thursday**

Member: \$200  
Non Member: \$250

All training session options are 6:30 AM, 8:30 AM, or 10:30 AM.

All training sessions run for 1.5 hours and include: Lifting, Speed, Agility, Plyometrics, Mobility, and Conditioning.

Registration ends May 24th

- **Returning Athletes receive \$25 discount**

