

# GENESIS SPORTS PERFORMANCE



**JOIN US DECEMBER 11 AT 6:30 PM**

**in the Saint Matthew Community Room for a youth performance seminar for CYO coaches and parents!**

## **THE SEMINAR WILL COVER TOPICS RELATED TO IMPROVING YOUTH ATHLETIC PERFORMANCE SUCH AS:**

- Ensuring the future success of your athletes through the LTAD model
- Eliminating preventable early specialization injuries
- How to improve athleticism, performance, speed and power in youth athletes
- How to incorporate body weight training to improve team strength
- How to fuel athletes for practice and competition.

The seminar is hosted by Graham Wilkerson, Owner at Genesis Sports Performance and strength coach for Bishop Chatard. Graham has worked with numerous CYO athletes for the past 5 years in improving their on the field performance. Graham is a certified strength and conditioning coach and received his masters in athletic coaching education through Ball State University.

## **CONTACT US & GET STARTED AT GENESIS SPORTS PERFORMANCE!**



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