



# SUMMER REGISTRATION

## Youth Strength & Conditioning

June 30th - August 30th  
**9 Week Summer Program**

Small Groups (4) Ensure Coaching Standards

Groups Train 1 hr. 2x / Week

Early Registration Discount: Deadline June 15th

### WHY TRAIN AT G3?

- ⚡ **Speed, Agility & Power Development**
- 🧠 **Sport-Specific Training & Injury Prevention**
- 📊 **Tracking Progress with Data & Testing**
- ✨ **Confidence, Teamwork, and Growth in Every Session**

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