

“building self confidence on and off the field”

Summer program for all athletes/all sports: ages 8-18

June 12–September 1

Train like an elite athlete and perform at your full potential. With today’s competition, following a sport specific training program is a must. A stronger, faster, bigger, and mentally ready athlete will peak to the top.

With West Hills’ Elite Sports Performance series your athlete will be trained by result driven coaches. Our staff will be lead by our Fitness Director Dre Ballines, who has trained some of the best local athletes including; multiple division one athletes, state champions, and US open tennis players. All of our staff will follow his “tiered” program to ensure all athletes will be trained appropriately for their age and sport.

We will focus on screening athletes for mobility, flexibility, and muscular imbalances. From there we will implement the appropriate strength and conditioning program to maximize strength, power, speed, agility, and mobility. This will allow your athlete to perform at their maximum capability.

We will also teach leadership qualities with your athletes with our once a week “mentorship” session. Not only are we focused on creating champions, but also leaders and team players.



Mondays Speed/Agility	Tuesdays Strength	Wednesdays Speed/Agility	Thursdays Strength	Fridays Mental Edge
9–9:45 a.m. Ages 8-10 -Kyle	9–9:45 a.m. ages 8-10 -Kyle	9–9:45 a.m. 8-10 year olds-Kyle	9–9:45 a.m. ages 8-10-Kyle	FREE for anyone with a punch card
11–11:45 a.m. MS girls- LD	11–11:45 a.m. MS boys BLO	11–11:45 a.m. MS girls- LD	11–11:45 a.m. MS boys- BLO	2–3 p.m.-Dre
noon–12:45 p.m. HS girls - LD	noon–12:45 p.m. HS boys-Cody	noon–12:45 p.m. HS girls - LD	noon–12:45 p.m. HS boys -Cody	Did you know? <i>A whopping 95% of Fortune 500 CEOs were athletes?</i>
1–1:45 p.m. MS boys-Leslie	1–1:45 p.m. MS girls-LD	1–1:45 p.m. MS boys- Leslie	1–1:45 p.m. MS girls- LD	<i>From captain to CEO: It's proven that youth sports make kids successful in their careers.</i>
2–2:45 p.m. HS boys-Cody	2–2:45 p.m. HS girls-LD	2–2:45 p.m. HS boys- Cody	2–2:45 p.m. HS girls- Dre	
5–5:45 p.m. M.S./H.S.-Kyle	5–5:45 p.m. M.S./H.S.-Dre	5–5:45 p.m. M.S./H.S.-Kyle	5–5:45 p.m. M.S./H.S.-Dre	



Summer Special \$40 off regular school year rates

Punch card option*: \$199 for 20 classes (\$10/class)
\$119 for 10 classes (\$12/class)

Drop-in: \$15 per class

Purchase punch cards at the service desk.

Contact Dre at (260) 336-3526 or andres.ballines@wmich.edu for more information.

* Siblings may share punch cards. Punch cards are non-refundable, and expire on 9/1.

