

“building self confidence on and off the field”

Ages 8-10, 11-14, and 15-18

October 5–November 7 (5 weeks)

Winter Sports tryouts start November 9.

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 led 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.

Mondays

1 p.m. HS w/Staff
4 p.m. MS w/Evan
4:45 p.m. LE w/Evan

Tuesdays

3:30 p.m. HS w/Staff
4:15 p.m. MS w/Staff
5 p.m. LE w/Staff

Wednesdays

1 p.m. HS w/Angela
4 p.m. MS w/Evan
4:45 p.m. LE w/Evan

Thursdays

3:30 p.m. HS w/Angela
4:15 p.m. MS w/Angela
5 p.m. LE w/Angela

5 week session.

All classes are 45 minutes

1 day per week: \$75
2 days per week: \$150
3 days per week: \$225

Drop-in: \$18

Sign up today at the service desk.
You may make up any missed classes
in a different class.

Physical activity has numerous immediate health benefits, such as improved sleep and school performance. Exercise also offers mental health benefits as it is an excellent outlet for kids and teens to deal with stressors and has been shown to reduce the risk of mood disorders and anxiety. Sports and physical activity often results in improved self-esteem. Additionally, while there are no studies specifically related to the risk of COVID infection, scientific studies suggest that physical exercise results in fewer infections amongst kids.



Age Guide:

LE- Later Elementary
MS- Middle School
HS- High School

Contact Dre at (269) 336-3526 or
andres.ballines@wmich.edu for more
information.