



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ATHLETIC SPORT SPECIFIC TRAINING WITH COACH JEFF HANNO

Improve your overall performance!

ATHLETES AGES 13-19

Coach Jeff Hanno offers both private and semi-private training for all youth and teens. Coach Hanno will develop athletic skills and confidence for every individual playing in their specific sports. Program is designed not only to educate, but to help improve overall performance, strength, power and coordination, while focusing on injury prevention.

Not a one size fits all program..program is tailored to your needs!

Private has more individual focus on each person training than the semi-private training classes. Training can be designed for sport-specific training with friends and teammates. Coach Hanno's training will focus more attention and direction on each athlete to help improve overall performance,

7 WEEK SESSION FEE:

Y-MEMBERS: \$150...2 TIMES PER WEEK
 \$180 ...3 TIMES PER WEEK
GENERAL PUBLIC: \$250...2 TIMES PER WEEK
 \$280...3 TIMES PER WEEK



For more information or to register call Coach Jeff Hanno, Sports Director at 315-253-5304 ext 114 or jeff@auburnymca.net

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