



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!**



### 7 WEEK SESSION FEE:

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



Coach Hanno is passionate about the youth in the community and bringing out the best in them. He has 40 years of experience coaching and is currently the Head Coach for Tyburn Academy Soccer and Basketball Teams. He considers it a privilege to be a mentor and trainer for several of the area's top athletes who have gone on to play at the college level.

Coach Hanno's coaching experience includes junior college level basketball, tennis, pro-racquetball and sports conditioning. In the 90's he was Head Coach for the Jamaican Olympic Racquetball Team.

Coach Hanno turned professional in the sport of racquetball right after college and has won the US Open, New York State Championship, Long Island Open and Regional Championships. He has also held ranking of the top 15 racquetball players in the world in the CPRT (Classic Pro Racquetball Tour).

**For more information or to register call Coach Jeff Hanno, Sports Director at 315-253-5304 ext 114 or [jeff@auburnymca.net](mailto:jeff@auburnymca.net)**

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