



**639**

***EMERGING  
ATHLETE  
DEVELOPMENT  
PROGRAM***

**FOR ATHLETES 8-15 YEARS OF AGE**



# UNLOCK YOUR CHILD'S ATHLETIC POTENTIAL

INSPIRING THE NEXT GENERATION TO MOVE BETTER, GROW STRONGER, AND BUILD CONFIDENCE THAT LASTS A LIFETIME.

## DURATION:

START WHENEVER SUITS YOU—JUST NOTE THERE'S A 3-MONTH MINIMUM, WITH AUTO-RENEWAL AFTER THAT.

## OPENING HOURS:

MONDAY - THURSDAY 6AM-8PM  
FRIDAY 6AM-6PM  
SATURDAY 6AM-2PM

## YOUR INVESTMENT:

1 SESSION PER WEEK - \$42.00  
2 SESSIONS PER WEEK - \$73.50  
3+ SESSIONS PER WEEK - \$105.00

## WHY CHOOSE TEAM 639'S EMERGING ATHLETE DEVELOPMENT PROGRAM?

IF YOU'RE A PARENT WHO WANTS TO SEE YOUR CHILD THRIVE IN SPORT AND BEYOND, TEAM 639'S EMERGING ATHLETE DEVELOPMENT PROGRAM IS THE FIRST STEP. DESIGNED FOR ATHLETES AGED 8–15, WE FOCUS ON MOVEMENT SKILL DEVELOPMENT, STRENGTH FOUNDATIONS, AND BUILDING ATHLETIC HABITS THAT LAST.

WHETHER YOUR CHILD IS BRAND NEW TO SPORT OR ALREADY COMPETING, OUR SYSTEM MEETS THEM WHERE THEY'RE AT—AND TAKES THEM TO THE NEXT LEVEL.

## CHANGES YOU CAN EXPECT:

**BETTER PERFORMANCE** - WATCH YOUR CHILD BECOME FASTER, STRONGER, AND MORE CONFIDENT WITH EVERY SESSION.

**FEWER INJURIES** - OUR COACHES TEACH PROPER MOVEMENT, LANDING, AND LIFTING TECHNIQUE TO REDUCE INJURY RISK AS YOUR CHILD GROWS AND COMPETES.

**CONFIDENCE & INDEPENDENCE** - WE HELP YOUNG ATHLETES DEVELOP BELIEF IN THEMSELVES—ON THE FIELD, IN THE GYM, AND IN LIFE.

**LONG-TERM ATHLETIC FOUNDATIONS** - WHETHER YOUR CHILD AIMS TO PLAY ELITE SPORT OR SIMPLY BUILD PHYSICAL CONFIDENCE, THIS PROGRAM SETS THEM UP FOR SUCCESS FROM THE GROUND UP.

## WHAT YOUR CHILD WILL GET:

### EXPERT COACHING YOU CAN TRUST

YOUR CHILD TRAINS IN A HIGH-ENERGY, ATHLETE-SUPPORTED ENVIRONMENT LED BY EXPERIENCED COACHES WHO GUIDE, PROGRESS WITH INTENT AND CARE.

### CUTTING-EDGE TRAINING TECHNIQUES

WE USE PROVEN METHODS IN SPEED, STRENGTH, AND AGILITY TRAINING TAILORED TO YOUTH DEVELOPMENT—HELPING YOUR CHILD MOVE BETTER AND PERFORM STRONGER.

### BUILDING CONFIDENCE & RESILIENCE

OUR PROGRAM BUILDS NOT JUST ATHLETES, BUT CONFIDENT INDIVIDUALS EQUIPPED WITH THE MINDSET TO OVERCOME CHALLENGES ON AND OFF THE FIELD.



# COMPARE OUR ATHLETIC PERFORMANCE PROGRAMMES

DEVELOPMENT DOESN'T STOP WHEN AN ATHLETE TURNS 15—IT EVOLVES.

OUR EMERGING ATHLETE DEVELOPMENT PROGRAM (EADP) LAYS THE FOUNDATION FOR YOUNG ATHLETES AGED 8–15, BUILDING MOVEMENT COMPETENCY, STRENGTH, CONFIDENCE, AND A LOVE FOR TRAINING IN A FULLY GUIDED, SUPPORTIVE ENVIRONMENT.

WHEN ATHLETES ARE READY TO TAKE THE NEXT STEP, THEY GRADUATE INTO OUR ATHLETE DEVELOPMENT PROGRAM (ADP)—DESIGNED FOR ATHLETES 16+ WHO ARE READY TO TRAIN WITH MORE AUTONOMY, UNLOCK OPEN GYM ACCESS, AND TAKE PART IN FIELD-BASED SPEED AND AGILITY SESSIONS ALONGSIDE ADVANCED PERFORMANCE TESTING AND PROGRESSION TRACKING.

MAIN FEATURE COMPARISON	EMERGING ATHLETE DEVELOPMENT PROGRAM	ATHLETIC DEVELOPMENT PROGRAM
AGE GROUP	8-15 YEARS	16+ YEARS
IN-PERSON ELITE COACHING	✓	✓
GUIDED GYM SESSIONS	✓	✓
PERFORMANCE TESTING	✓	✓
OPEN GYM ACCESS	✗	✓
SPEED/AGILITY FIELD SESSIONS	✓	✓

IT'S A SEAMLESS TRANSITION THAT ENSURES ATHLETES ARE CONTINUALLY CHALLENGED AND SUPPORTED AT EVERY STAGE OF THEIR JOURNEY—FROM BUILDING THE BASICS TO OWNING THEIR PERFORMANCE.



**639**

***GET IN TOUCH  
TO JOIN  
OUR TEAM***

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