# FORT FRYE ATHLETIC PERFORMANCE RESOURCE & SUPPORT

***Train Smarter. Perform Better. Stay Healthier.***

---

## Unlock Our Athletes Full Potential

A structured and guided program designed for **ALL** athletes—male and female, across **ALL** sports. This program is especially beneficial for **multi-sport athletes**, ensuring year-round peak performance while preventing burnout and injuries.

## Comprehensive Year-Round Training

- **Strength, Speed, & Quickness:** Develop power, agility, and endurance tailored to each sport and adapted to multi sports.
- **In-Season vs. Off-Season Workouts:** Adjustments for training loads based on competition schedules.
- **Rest & Recovery Focus:** Prioritizing injury prevention and rehabilitation.
- **Unified Training Program:** Coaches and athletes work together, eliminating conflicts and overtraining.

## Professional Oversight & Data-Driven Approach

- **Expert Coaching:** Supervised by a certified **Performance Coach** with High School & College experience, along with our **Athletic Trainer**.
- **Data-Tracking System:** Monitor progress, identify growth areas, and adjust training for optimal results.
- **Weekly Check-Ins with Tully System:** Regular evaluations for continued improvement.
- **Coach Training & Development:** Ensuring all coaches are aligned with the program's goals.

## Technology-Enhanced Access

- **QR Code Integration:** Athletes receive **instant access** to their personalized workouts anytime, anywhere.
- Programs for students Grades 7-12.

## Why Participate in This Program?

**✔ Boost Performance Across All Sports ✔ Reduce Injuries & Enhance Recovery ✔ Maintain Balance & Prevent Burnout ✔ Achieve Peak Mental & Physical Wellness ✔ Work in Sync with Coaches & Teammates**

---



