



Next Level Striders 2024 Summer Track Program

OR.

OT Sports Speed Training Summer Program

Welcome to the Next Level Striders 2024 Summer Track Program, also known as the Speed Training Summer Program, where we're excited to embark on our 9th season in the beautiful Hill Country! Our program caters to athletes aged 5-18, with divisions ranging from 6U to 18U for both boys and girls.

We pride ourselves on being a competitive Rec program that embraces athletes of all levels, whether you're a seasoned track star or new to the sport. Our comprehensive approach to fitness focuses on enhancing strength, speed, agility, and overall health. Through dedicated coaching and support, we foster an environment where athletes excel in their sport and grow personally and professionally, developing essential skills like teamwork, discipline, and resilience.

Many of our past participants have achieved remarkable success, a testament to the effectiveness of our program. To explore past results, visit our website at www.nextlevelsportstx.com. We're committed to helping athletes exceed their expectations, and every athlete is welcome, regardless of any challenges they may face.

We're happy to accommodate you if you prefer to focus solely on workouts without track involvement. Contact us for more details. Join us as we make this summer season unforgettable!

Program Logistics:

- Ages: 5-18
- Divisions: 6U, 8U, 10U, 12U, 14U, 16U, 18U (Boys/Girls)
- No track experience is necessary.
- Emphasis on teaching proper fundamentals of running and increasing speed & agility.
- Training sessions 3-4 times a week
- Progress tracking throughout the program

Practice Schedule:

- Starting June 3rd, 2023 (Monday)
- Practices run through June and July
- Locations:

BURNET MIDDLE SCHOOL or OT SPORTS TRAINING FACILITY

Monday –

Burnet Middle School Track – 7-830pm

Tuesday –

Burnet Middle School Track – 7-830pm

Wednesday –

Self – Workout Day

(EVERY ATHLETE WILL HAVE A REQUIRED WORKOUT ON THEIR OWN. WE WILL PROVIDE THE WORKOUTS FOR THEM. IT WILL ALSO BE LOCATED ON OUR SPORTYOU COMMUNICATION APP.

Thursday –

Burnet Middle School Track – 8-930am

Friday –

Self – Workout Day or OFF

Addresses:

- Burnet Middle School Track: 1401 N. Main, Burnet, Texas, 78611
- OT Sports Training Facility: 401 Industrial Blvd, Burnet, Texas, 78611

Track Meets (Subject to Change):

- June 29th: Waco, Texas – Circuit Meet – Region 5
- July 12th: Marble Falls, Texas – TAAF State Qualifier
- July 27th-30th: McAllen, Texas – TAAF State Summer Games of Texas

Even if your child doesn't participate in final track meets, we encourage them to continue training and completing the program, focusing on beating their personal best each week.

Pricing:

- \$110 per month
June 3rd – 1st payment
June 2nd – 2nd Payment
- Additional fees for track meets (uniform, fees, etc.)

Financial Assistance:

- Contact Sonny Wilson at 830-613-0522 or email nextlevelsportstx01@gmail.com for assistance.

Parent Meeting:

- Date and details to be announced, conducted via Zoom.

For inquiries and registration, contact Sonny Wilson at 830-613-0522 or nextlevelsportstx01@gmail.com. We're committed to helping every athlete reach their full potential!