



FREMONT  
FAMILY  
YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2021 Winter Sprinters' Camp Session II 4<sup>th</sup> Grade - 9<sup>th</sup> Grade Levels Mondays/Thursdays, Feb 1<sup>st</sup> – March 11,



This class will teach male and female sprinters how to improve in all aspects of sprinting.

### THE PLAN

**Feb 1, Feb 4, Feb 8, Feb 11, Feb 15, Feb 18, Feb 22, Feb 25, March 1, March 4, March 8, and March 11**

Sprinters will be separated according to skill level. Coach David La Day will be in charge of letting students know which training session they will participate in.

Training Session 1 Beginning Sprinters: 6pm – 7pm

Training Session 2 Intermediate Sprinters: 7pm – 8pm

**SESSION PLAN** – The most important thing in coaching is the relationship between the athlete and the coach. There needs to be trust, respect and integrity. These elements provide the framework for a healthy and productive experience for both the coach and the athlete. I develop training around building core strength using bodyweight (especially for young athletes). I also teach proper stretching of the hips, glutes, hamstrings, and quads. Once the athlete's body is ready to handle the stress of a sprint workout, we move into sprinting. – **Coach David LaDay**

**LOCATION** – Training will take place in the Turf Room at the Fremont Family YMCA

**COST** – 12 classes total. \$120 for YMCA members, \$140 for non-members – **Financial Aid available**

**REGISTRATIONS** – Please register and pay on our website – [fremontfamilyymca.org](http://fremontfamilyymca.org)

**PROGRAM INSTRUCTOR** – David LaDay, [david.laday@gmail.com](mailto:david.laday@gmail.com)

**PROGRAM DIRECTOR** – Naomi Bernal, 402-721-6952, [naomib@fremontfamilyymca.org](mailto:naomib@fremontfamilyymca.org)

**THIS CLASS WILL BE TAUGHT BY David LaDay.** Coach LaDay has coached kids ages 8 to 18 for more than 20 years. He's coached for the Jr. Olympics, at the middle school and high school levels. Coach LaDay played football at Stratford High School in Houston, Texas, in the same program that produced D1 college and NFL players such as Craig James, David Klinger, and Andrew Luck. While in college in Minnesota, he was a four-year letter winner with all-conference honors each year. He qualified for nationals three years in the 100M and 200M. He also achieved all-American honorable mention honors. After college, he played two years of semi-pro football for the Minnesota Maulers. In both years, the team went undefeated and he received all-star honors. He has coached football at all levels and was a part of the conference championship and state qualifying team at Edison High School in Minneapolis in the mid-1990s. Currently, he is the sprint and relays coach at Fremont Middle School and he competes in the USAFT Masters in the 100M and 200M.

**FREMONT FAMILY YMCA MISSION:** God has given us the pathway to life and health through Jesus Christ and the Holy Scriptures.

It is the mission of the Fremont Family YMCA to help put these Christian principles into practice through programs that help build healthy spirit, mind and body for all.

**NO YOUTH DENIED:** Any child may belong to the YMCA regardless of income or family situation. If you know of a child who would like to belong, please notify the YMCA staff.