This course emphasizes sport conditioning (i.e., strength, power, endurance, flexibility and mobility) while continuing to develop the ABC’s of athleticism (i.e. agility, balance, coordination, and speed). Mental training is embedded through drills and challenges.

**Fall 2018**

**September 10th – November 30th**  
Mondays, Wednesdays & Fridays  
4:00pm – 5:30pm  
**Course Code 6700 – $510**  
Athletes receive 34 coached sessions in the High Performance Training and Research Centre

[activityreg.ualberta.ca](http://activityreg.ualberta.ca)  
[uab.ca/sportsystem](http://uab.ca/sportsystem)