



# ADVANTAGE

YOUTH WEIGHT TRAINING & CONDITIONING



- Comprehensive strength and conditioning program designed specifically for high school athletes
- Improve athletic performance, strength, speed, agility, and endurance
- Focus on injury prevention and proper technique
- Small group sizes to ensure personalized attention and coaching
- Emphasis on teamwork, discipline, and mental toughness



**AGES 11-18**

Contact Kristina Kessler with Questions  
(605-290-2790)

**RAILS**  
STRENGTH & FITNESS