

STUDENT ATHLETIC FITNESS AND CONDITIONING PROGRAM

W/KAREEM GANNIE,

Nisqually Health, Fitness & Nutrition Coach

**Beginning in February every Monday & Tuesday
from 4 pm - 6 pm.**

at the Nisqually Youth & Community Center



Youth participants will learn effective conditioning methods to improve all around athleticism. The program will first focus on building up strength, speed, agility, and endurance. Then will go into specific skills for the sports seasons; basketball, baseball, track & field, and football.

Also, this program will teach sportsmanship etiquette and the importance of being a student athlete; it will help your youth build character, discipline, and respect. Kareem wishes to build a positive relationship with the parents and student athletes to help them succeed in their future sports endeavors.

**To Sign Up or Inquire More Info Call Kareem Gannie
at 360-455-5213**