

Building Champions

Junior Champions

Junior Champions is similar to Little Champions, but is for kids 9-12 years old. This class focuses more on developing fine motor skills (hand-eye and foot-eye coordination) combined with fundamental movements (running, jumping, hopping, skipping, cutting, throwing, and kicking). Tactical awareness, making appropriate decisions about “what to do?” and “how to do it?” will also be introduced. Tactical awareness allows participants to recognize cues of what to do and how to do it based on the situation in a game. Junior Champions is a 6-week program consisting of six 60-minute sessions at \$110. Class size is limited, so contact Justin to sign up!



Let me help your child become physically confident today!

Ages 5-8: Wednesday, September 19-October 24

Time: 6:30-7:30pm

Location: Aim High Sport Complex, 7977 Centerline Dr, Dimondale, MI 48821

Trainer: Justin Patnoudé, BS, Grand Valley State University

Over 12 years of experience as a former master trainer at the Michigan Athletic Club, as well as working with multiple high schools across the state as a speed and agility coach.

Please email Justinpatnoudé@gmail.com to reserve your spot today!