

Emerging Elites Summer Program

Champions are made in the off-season

What does 8 weeks look like?

- Three structured training sessions per week
- Individualized daily training by Olympic coach
- Training reviewed daily by coaches
- 1:7 coach to athlete ratio
- Functional movement screen by Peter Stone, P.T.
- Core & general strengthening program

3 Educational Seminars for Athletes & Parents

- Nutrition & Hydration for Performance
- Training Methodologies & Systems
- Managing Transitions to Maximize Performance

2022 Key Information

- In person training in Newton, Massachusetts
- Easy access from 93/95/Mass Pike/Rt. 9
- Training Days & Times
 - Mondays & Wednesdays, 6 – 8:45pm
 - Saturdays, 9 – 11:45am

Application & Admission

Athletes & parents interview with coaches prior to acceptance.

APPLY NOW
emergingelites.com/application