

# 2018 Arrowhead Athletic Conditioning

A Partnership With  
**NX Level Training**



**Duration:** All School Year Starting September 4<sup>th</sup>  
Monday, Tuesday, Thursdays 2:50 PM- 4:10 PM  
Fridays 5:50 AM-6:50 AM

**Location:** North Campus Commons

**Open to:** Any student-athlete 9<sup>th</sup> – 12<sup>th</sup> grade.

**Fee:** **FREE During the School Year**

## **Course Description:**

Join the team of Warhawks working hard to get better each day. This program is designed with NX Level's "holistic" approach to training athletes from all abilities and sports to improve speed, flexibility, strength, kinesthetic awareness and body composition.

**Brad Arnett, owner of NX Level, will design and be present to work with Arrowhead coaches to implement each training session at Arrowhead High School.** This will ensure the best possible environment for our athletes to grow.

Open to athletes from the novice to the highly experienced, our collaborative program allows us to challenge all skill levels in a supervised, highly-structured environment.

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