



Calling all student-athletes and parents! Join us on Thursday, August 25, 5:30 - 8:30pm, as we push Saber Sports to the next level.

A nationally renowned speaker and coach is coming from Salt Lake City to TNCS for a 2-day clinic. BiggerFasterStronger, Inc.'s President John Rowbotham will infuse Saber Sports with a greater vision. Along with that vision, he will teach our athletes how to set higher goals, work harder, and become better people as they create their own value system with higher standards.

On a scale of 1 to 10, each participant at this three-hour seminar will learn how to become an "11" athlete, student, communicator, community member, and leader.

BiggerFasterStronger Clinic Schedule

On a Scale of 1 to 10, BE an 11! Seminar

Thursday, August 25, 5:30 – 8:30, TNCS Gym

For ALL MS & US student-athletes, parents, teachers, and coaches

- Fall Athletes and Coaches
3:30 - 5:00 Regular practice
5:00 Pizza delivered for a dinner
5:30 - 8:30 Be an 11! Seminar in the gym
- Winter and Spring Athletes and Coaches
5:30 - 8:30 Be an 11! Seminar in the gym
- Parents and teachers are encouraged to attend and join this exciting event.

BiggerFasterStronger 1-Day Total Program Clinic

Friday, August 26, TNCS Gym and Whitlock Field (This takes the place of Friday's regular sports practice)

For ALL MS & US student-athletes

- Coaches Clinic for coaches of all Saber Sports
7:30 – 8:30am: Instructional Protocols, Program Implementation, Safety & Liability Issues
- Student-athlete hands-on strength & conditioning training
8:30am – 2:30pm: Core Lifts, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Weight room Safety