

Wasatch High School Summer Edge Program

Parents want to have their athletes train to enhance athletic performance



Coaches want athletes to train to enhance athletic performance and develop an essential chemistry for the coming season

- Parents witness their athletes participating alongside their teammates in strength and speed development
- Parents save a lot of money (value)
- Coaches have contact and assessment time with athletes
- Camaraderie created through common suffering
- Money that was going to be spent anyway is now recycled to the benefit of the team, athletic program, etc.,,
- Athletes have no excuse not to participate in team training functions and when they do they become the exception
- If a third party trainer is used they now effectively work for you
- A lot of time and energy is used, but in a valuable way