



CALLING ALL YOUTH ATHLETES (AGES 12-18)!

TRAIN BETTER

Youth Athletic Baseline Assessment

Train Better is a fun, sports-driven strength and conditioning facility built to help athletes move better, perform stronger, and reach their full potential.

January 10th

8:00 AM – 12:00 PM

Train Better – 4141 E. Irvington Rd., Tucson, AZ 85714

WHAT WE ASSESS

- Grip strength (right and left hand) with multiple attempts to capture each athlete's best score
- Standing long jump to measure total lower-body power and explosiveness
- Vertical jump to assess jumping ability for sports like basketball, volleyball, and field sports
- Squat strength using a barbell or body-weight squats to find an age-appropriate strength benchmark
- Upper-body strength with barbell chest press or push-ups (timed sets for developing athletes)

WHY IT MATTERS

- Establish a true athletic baseline to measure progress over time
- Improve performance, confidence, and game-day readiness
- Support injury prevention with better movement and mechanics

COME VISIT OUR WORLD-CLASS FACILITY

- Come experience a world-class strength and conditioning facility built to help athletes of all sports reach their pinnacle—from developing players to high-level competitors.

[Learn More](#)

www.trainbetterusa.com

Train Smarter. Train Stronger. Train Better.