



Sports Performance training brought to you by Providence Athletics:



The Providence Academy athletic department is pleased to announce an after school sports performance training program for the Winter and Spring seasons.

We welcome Coach Breon Hoosier to lead our students in the weight room as our sports performance coach. Coach Breon is a product of Naperville, IL where he was selected as All-Conference in football and was an All-State and All-American in wrestling. After High School Breon attended Concordia University, St. Paul and earned All-Conference honors in football.

Coach Breon earned his degree in Kinesiology from Concordia University in 2019. Following graduation, Breon moved to Texas to for an internship with the University of Texas Football Strength and Conditioning program. Upon completion of his internship, he decided to move back to Minnesota and start his own sports performance business, Pinnacle Athletics.

The sports performance training sessions will take place Monday - Thursday from 3:30p - 5:30p. the winter session will begin on Monday, November 23 and run through Friday, March 5. The program is available for grades 7 - 12 and offered to anyone who is interested in becoming more comfortable in the weight room and learning how to lift properly.

When asked, Why are you excited to train at PA, Coach Breon says "I'm excited to help shape the athletic culture at Providence Academy and make sports performance training a consistent routine with these student athletes." Coach Breon also states, "My goal is to help every student become better at whatever they want to improve on. Whether it be basic body movements to olympic style lifts, I'm here to teach proper technique and mechanics."

If you are interested in registering for the winter session of Sports Performance training please visit: [PA Athletics Registration](#)

Any questions please contact Mr. Messmore.

GO LIONS!