



FREQUENTLY ASKED QUESTIONS

FIND US

TRINITY SPORTS ACADEMY
15515 KNOX DR
BATON ROUGE, LA 70817

CONTACT US

info@trinitysportsacademy.com
225-408-1015

FOLLOW US



trinitysportsacademy.com



facebook.com/
trinitysportsacademybatonrouge



instagram.com//
trinitysportsacademy

HOW MANY TIMES SHOULD MY CHILD TRAIN PER WEEK?

The amount of training per week depends on the specific program. In general, we recommend our athletes train with us 2-3 times per week for optimal results and rest. More than 3 times per week can lead to overtraining/injuries. One day per week is ok, but not optimal for achieving results.

WHAT IS THE BEST PROGRAM FOR MY CHILD?

Our programs are broken into age specific/appropriate groups. We also offer a few specialty programs by invitation only. The only way to determine the best fit is to schedule an evaluation. After the evaluation, a member of the training staff will recommend the appropriate program(s) for your child. We offer a free trial class for all programs after an evaluation is completed.

WHAT IS THE COST?

We have a variety of pricing options to fit any budget and time constraint. We offer 3-month and 9-month membership options with the ability to "freeze" participation during vacations and sports seasons. We also offer Class Packages (10 classes) for those with variable schedules. Siblings with memberships receive the family rate (25% discount off standard rates per child). Refer to our Program Guides or website for detailed pricing information.

HOW DOES SCHEDULING WORK?

We use online booking for our Jump Start, Total Performance, Elite, and Tennis Academy programs. Classes may be booked up to 2 hours before start time (space permitting). Classes are offered 7 days per week to allow for maximum flexibility. Online booking can be accessed by clicking on "Schedules and Booking" from the Youth Training menu. **PEAK training sessions are scheduled by appointment with a designated trainer.

DO THE PROGRAMS INCLUDE WEIGHT LIFTING, AND IS IT SAFE FOR YOUNG ATHLETES?

Jump Start does not include weight lifting. Total Performance classes include age appropriate basic strength training consisting of core, bodyweight, and resistance training exercises. Elite Strength classes and PEAK training sessions incorporate carefully scripted and monitored weight lifting programming. Our strength training programs have been written, reviewed, and approved by our highly certified and experienced training staff.

HOW MANY KIDS PER CLASS?

Class sizes depend on the program. Jump Start, Total Performance, Elite, and Tennis Academy classes maintain a trainer to athlete ratio of no more than 1:8. PEAK and Elite Strength classes have no more than 4 athletes per trainer.

HOW LONG DOES IT TAKE TO SEE RESULTS?

Results depend on the effort the athlete puts forth to the program. Those that train 2-3 times per week will see results quickly, generally within a few weeks. We encourage our athletes to retest every 8-10 weeks in order to monitor progress. Retesting is free and can be scheduled during regular evaluation times or during Athlete Retesting events that are held quarterly.