



Summer Strength and Speed Sessions 2016

Sports AdvantEdge is excited to offer our Strength and Speed sessions for athletes who are ready to train with strength equipment and continue their speed and movement development. These programs will be run 2 days per week and 3 days per week. This is for kids going into 7th grade and up.

All programs designed for athletes based on their training age and strength levels!!!!

Website for updated program description www.sportsadvantedge.com

PROGRAM COMPONENTS

Mobility/ Stability
Linear Speed enhancement
Total body max strength work
Plyometrics
Agility training
Conditioning

3 DAYS PER WEEK TIMES

MONDAY/ TUESDAY / THURSDAY

10:00/ 11:00 / 12:00 / 1:00 / 2:00

2 DAYS PER WEEK

MONDAY/ WEDNESDAY

10:00/ 11:00 / 12:00 / 1:00 / 2:00

2 DAYS PER WEEK

TUESDAY / THURSDAY

10:00/11:00 / 12:00 / 1:00 / 2:00

12 ATHLETE MAX IN EACH CLASS

PROGRAM INFORMATION

JUNE 13TH—August 19TH— 10 Weeks

CLASSES RUN 75 MINUTES

3 DAYS PER WEEK= 30 SESSIONS—\$525

2 DAYS PER WEEK = 20 SESSIONS- \$350

**ASK ABOUT NEW MONTHLY PAYMENT
OPTIONS FOR THE SUMMER TO BREAK UP
YOUR TOTAL COST!!!!**

**ALL ATHLETES WHO ENROLL AND PAY
IN FULL BEFORE MAY 1st WILL RECEIVE
10% OFF FULL ENROLLMENT**

Also now available

Set your own schedule-Contact us for details
Ask about prorated prices for athletes in a fall sport!!!
Ask about varying times your son or daughter can train
We will fit our training style into your athlete's needs!!!

NO CLASSES JULY 4TH, JULY 14TH AND 15TH

MAKE UP SESSIONS AVAILABLE FOR KIDS SCHEDULED ON THOSE DAYS!!!

Session Choice: (TOTAL DAYS) _____ (DAYS OF THE WEEK) _____ (Time) _____

ATHLETE NAME _____

GRADE _____ CONTACT PHONE _____ T-SHIRT SIZE _____

EMAIL _____

ADDRESS _____

CITY _____ ZIP CODE _____

RETURN THIS INFORMATION TO:

Sports AdvantEdge

403 Venture Court Unit 2, Verona, WI 53593

Register Online www.sportsadvantedge.com

email to brian@sportsadvantedge.com

Call 608-513-6917 or 608-848-1820 to register by phone