



DISCOUNTED RATES FOR ALL HOCKEY ATHLETES AT SPORTS ADVANTEDGE!

OFFERS MARCH 5- MARCH 20 ONLY!

Youth Development

- ✓ Proper running technique
- ✓ Reaction time
- ✓ Starting technique
- ✓ Intro body weight strength
- ✓ Linear, lateral, and vertical speed enhancement

These sessions are a great introduction to training for many young athletes.

Offered for 8 and up

Strength & Speed

- ✓ Total body strength
- ✓ Dynamic effort training
- ✓ Base conditioning
- ✓ Continuation of youth development skills

Offered for ages 12 and up

Sessions are 75 minutes long

REDUCE INJURIES

INCREASE ATHLETICISM

#changetheculture

10 SESSIONS-
\$100
20 SESSIONS-
\$200

3 MONTHS UNLIMITED
\$129 per month
6 MONTHS UNLIMITED
\$109 per month
YEARLY UNLIMITED
\$79 PER MONTH

Bring this form to the Family Center Ice Arena between the hours of Noon and 8:00 PM Monday – Friday March 5- March 20 to enroll!!!

OR EMAIL brian@sportsadvantedge.com
Lucas.dankovichik@sportsadvantedge.com

10 SESSIONS-
\$125
20 SESSIONS-
\$250

3 MONTHS UNLIMITED
\$209 per month
6 MONTHS UNLIMITED
\$189 per month
YEARLY UNLIMITED
\$159 PER MONTH