

XLR8 **SPORTS TRAINING, LLC**

Menasha Youth Sports Parents and Athletes:

XLR8 Sports Training is a science-based training solution that delivers real on the field results for athletes looking to improve their athleticism. From sprint speed, acceleration, agility, foot speed, strength, endurance, recovery, or getting back into the game after injury or time off, we can design a personal program to help you achieve your goals. We are not a one size fits all program. Our programs focus on the individual's needs and goals. Over the last 20+ years, our staff has trained individuals that competed at the recreational, youth, high school, college, masters, professional, and Olympic levels.

Packages:

For Menasha Youth Sports Athletes, I have done 5 session increments of packages to allow different participation levels based on the time available to train. This is a flat rate of \$30 per session to keep it simple for everyone. In parenthesis, I have also included the normal prices for comparison.

XLR8 Package specials for Menasha Youth Sports Families:

5 sessions: \$150 (\$225) 10 sessions: \$300 (\$400) 15 sessions: \$450 (\$575) 20 sessions: \$600 (\$700)

For the younger athletes (under 12), we suggest one time per week. Junior high athletes are usually one to two times per week and our high school age and above athletes are one to three times per week. Individual ability and athletes' schedule also plays a part in how often we schedule training sessions.

Scheduling:

All appointments are scheduled so we know what athletes and how many athletes will be in the facility to ensure individual attention through small group training. During the school year, most of the training occurs after school between 3:00 and 8:00 based on need. We also offer most Saturday mornings. For the summer, we are available more during the day because the athletes are more open with their schedule. Usually from 9am-7pm during the week for the summer.

At XLR8, we have a flexible schedule. We can schedule session by session, week by week, or schedule the same time every week. If one week at 4:30 on Wednesday works but the next week does not, we can schedule for a different time that week. If you are gone on vacation or there is an illness, we just don't schedule for that week and save the session for a later time. However, for the best result there needs to be consistency in training.

Let me know if you have any questions or to sign up for sessions please call (920) 735-9578 or email me at workout@XLR8foxvalley.com.

Thanks for your interest,

Mike Draheim, CSCS
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