

MAY 2015 – PERFORMANCE SESSIONS

SUN	MON	TUE	WED	THU	FRI	SAT
					1 3:15PM Speed, Agility, & Quickness Training *On our outdoor Turf Field – Rain or shine! **This session is an additional cost	2
3	4 4:00PM Speed/Agility 4:30PM Core/Flexibility	5	6	7 4:00PM Explosion 4:30PM Strength	8 3:15PM Speed, Agility, & Quickness Training *On our outdoor Turf Field – Rain or shine! **This session is an additional cost	9
10	11 4:00PM Speed/Agility 4:30PM Core/Flexibility	12	13	14 4:00PM Explosion 4:30PM Strength	15 3:15PM Speed, Agility, & Quickness Training *On our outdoor Turf Field – Rain or shine! **This session is an additional cost	16
17	18 4:00PM Speed/Agility 4:30PM Core/Flexibility	19	20	21 4:00PM Explosion 4:30PM Strength	22 3:15PM Speed, Agility, & Quickness Training *On our outdoor Turf Field – Rain or shine! **This session is an additional cost	23
24	25 4:00PM Speed/Agility 4:30PM Core/Flexibility	26	27	28 4:00PM Explosion 4:30PM Strength	29 3:15PM Speed, Agility, & Quickness Training *On our outdoor Turf Field – Rain or shine! **This session is an additional cost	30

31 **See back of this calendar for Session Descriptions and other information!**

The amount of Group Sessions you are allowed to attend depends on the Sports Performance Package that you purchased.
Tuesday and Thursday sessions can be purchased on an “a la carte” basis for **\$20 per session**.

Friday sessions are NOT included in our Sports Performance Packages. The cost is **\$30 per session OR \$100 for all 5 sessions.

SESSION DESCRIPTIONS

Speed/Agility: Learn the proper techniques to improve your running and improve your speed and quickness. We will also work on multi-directional movements that teach your body how to change direction with the least amount of wasted time. This is a must for all sports!

Core/Flexibility : If your foundation is strong, you will be strong! Focus is given to the many stabilizers in our body to help you generate as much force and power possible. Core muscles include not only the abdominals but the hips, back and legs. Flexibility training helps keep your muscles limber as you stretch them in various ways. This allows you to use the muscle in a larger range of motion as well as help in injury prevention.

Explosion: These sessions are designed to improve your vertical jump and 1st step quickness. Exercises can include plyometrics, kettle bells and various body weight exercises.

Strength Training: This is where we build the muscles so we can use them in your sport. Most athletes work out at school and we try to work on areas of the body that are being neglected because of time or numbers. Keeping a proper balance in the muscles prevents injuries and maximizes strength.

FRIDAY SESSIONS

\$30 per session

\$100 for all 5 sessions

Speed, Agility, & Quickness Training

- Held outside on our Turf Field
- Rain or shine
- Bring your cleats!

**For more information, visit our website or contact email
Scott Held at 423-378-4111 and medfit@yahoo.com**

SPORTS 
PERFORMANCE
TRAINING

