

2012



2013

Sports Enhancement Training

MIDDLE SCHOOL AND HIGH SCHOOL ATHLETES IN-SEASON STRENGTH & CONDITIONING

Maintaining strength while competing is vital to an athlete's health and success during the rigors of a lengthy sports season.

This program focuses on movement training, a low volume lift and does not include conditioning. The goal of this type of training is to help athletes preserve the strength and power gained in the off-season.

In-Season Training will ensure that you maintain the strength that you gained during the off-season so that your body remains in peak physical condition to minimize wear and tear.



WHEN?

10/15-11/15 (5wks)
11/26-12/20 (4wks)
1/7-2/21 (7wks)
3/4-4/18 (7wks)
4/29-6/13 (7wks)

See back for more details

Class Times:
(Monday & Wednesday)
6:00-7:00pm

CONTACT US:

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TRAIN FOR THE GAME AT ACCELERATION!



2012 - 2013 Training

****All Programs Are Conducted at Access Acceleration, 1 Hampton Rd, Exeter, NH 03833****

PROGRAM	DAYS	# WKS	*Please Circle*	*Please Circle*		
			TIME OPTIONS	1 Day	2 Days	3 Days
Youth Conditioning Class	Mon & Wed	5 10/15-11/15	4:30-5:30pm	\$75.00	\$150.00	
Youth Conditioning Class	Mon & Wed	4 11/26-12/20	4:30-5:30pm	\$60.00	\$120.00	
Youth Conditioning Class	Mon & Wed	7 1/7-2/21/13	4:30-5:30pm	\$105.00	\$210.00	
High School Conditioning Class	Mon thru Friday	5 10/15-11/15	3:00-4:30pm	1 Days \$120.00	2 Days \$210.00	3 Days \$270.00
High School Conditioning Class	Mon thru Friday	4 11/26-12/20	3:00-4:30pm	1 Days \$96.00	2 Days \$168.00	3 Days \$216.00
High School Conditioning Class	Mon thru Friday	7 1/7-2/21/13	3:00-4:30pm	1 Days \$168.00	2 Days \$294.00	3 Days \$378.00
Middle School Conditioning Class	Mon thru Friday	5 10/15-11/15	3:00-4:30pm	1 Days \$120.00	2 Days \$210.00	3 Days \$270.00
Middle School Conditioning Class	Mon thru Friday	4 11/26-12/20	3:00-4:30pm	1 Days \$96.00	2 Days \$168.00	3 Days \$216.00
Middle School Conditioning Class	Mon thru Friday	7 1/7-2/21/13	3:00-4:30pm	1 Days \$168.00	2 Days \$294.00	3 Days \$378.00
Female Only Strength	Mon & Wed	5 10/15-11/15	3:00-4:00pm	1 Day \$100.00	2 Days \$200.00	
Female Only Strength	Mon & Wed	4 11/26-12/20	3:00-4:00pm	1 Day \$80.00	2 Days \$160.00	
Female Only Strength	Mon & Wed	7 1/7-2/21/13	3:00-4:00pm	1 Day \$140.00	2 Days \$280.00	
Return To Sport Class	Mon & Wed	5 10/15-11/15	4:00-5:00pm	1 Day \$125.00	2 Days \$250.00	
Return To Sport Class	Mon & Wed	4 11/26-12/20	4:00-5:00pm	1 Day \$100.00	2 Days \$200.00	
Return To Sport Class	Mon & Wed	7 1/7-2/21/13	4:00-5:00pm	1 Day \$175.00	2 Days \$350.00	
In-Season Strength & Conditioning	Mon & Wed	5 10/15-11/15	6:00-7:00pm	1 Day \$100.00	2 Days \$200.00	
In-Season Strength & Conditioning	Mon & Wed	4 11/26-12/20	6:00-7:00pm	1 Day \$80.00	2 Days \$160.00	
In-Season Strength & Conditioning	Mon & Wed	7 1/7-2/21/13	6:00-7:00pm	1 Day \$140.00	2 Days \$280.00	

Athlete's Name:			Date of Birth:			Sex:	
Parent's Name:			Sport(s):				
Address:							
City:				State:		Zip:	
Phone:			Email:				
Payment Method:	VISA	MasterCard	Check	Cash			
Name on Card:			Card #:			Exp Date:	
Signature of Parent/Guardian:				Parent's Email Address:			