

2012



2013

Sports Enhancement Training

FEMALE ONLY MIDDLE SCHOOL AND HIGH SCHOOL ATHLETES STRENGTH & CONDITIONING CLASS

The purpose of this program is to educate, demonstrate, and supervise proper exercise technique with the goal of preventing and or significantly reducing sports related injuries for female athletes .

5 Phases of Exercise Techniques

1. Dynamic Warm-Up
(posture/foot placement/push-off/knee & hip position, etc)
2. Strength Training Exercises
3. Plyometric Exercises
4. Agility/Speed/Change of Direction Drills
5. CORE Training Exercises



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)
3:00-4:00pm

CONTACT US:

Access Health Building
1 Hampton Road, Suite 106
Exeter, NH 03833
(603) 778-4890
Nicole Spaulding
Email:
nspaulding@accesssportsmed.com
www.accessacceleration.com

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