

2012



2013

Sports Enhancement Training

MIDDLE SCHOOL AND HIGH SCHOOL ATHLETES STRENGTH & CONDITIONING

How we train an Athlete:

1. Base a program that focuses on **MOBILITY & RECOVERY** (ie, Foam Rollers, Dynamic Warm-up) If your not able to move through a full range of motion you will never become truly powerful or fast!
2. Focus on the **POSTERIOR CHAIN** (ie Glutes, Hamstrings, Lats, Calves, Triceps, Ect.) These are not the muscles you will see for show in the mirror, but the ones that will give you the go on the field!
3. Build a **STRONG CORE** (ie Abdominals, Hip Flexors/Extensors, Back Extensor, Ect.) It is a well known fact that all successful athletic movement regardless of the sport must come from a strong core!
4. Balance training between **Absolute Strength** (ie Deadlifts, Squats), **Strength Speed** (ie Accommodating Resistance, Olympic Lifts), **Speed Strength** (ie Weighted Jump Squats), & **Absolute Speed** (ie Plyometrics, Sprints) Not all athletes are created equal and the same is true for programs that do not address all of the parameters of strength!

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 thru Friday)
3:00-4:30pm

CONTACT US:

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