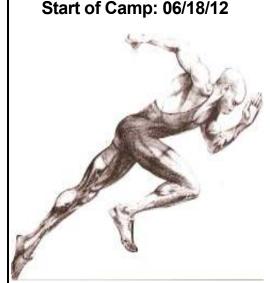
Access Acceleration

College Speed & Strength Training



End of Camp: 08/10/12

Are you strong, but want to work on your linear and lateral speed?

This is what we call a Speed Deficit Athlete!

Speed Camp can:

- Increase Stride Length
- Increase Stride Frequency
- Express your current strength w/ <u>SPEED</u>!

Are you Fast, but want to improve your strength?

This is what we call a Strength Deficit Athlete!

Strength Camp can:

- Increase Strength
- Increase Speed
- Increase Power
- Increase Vertical Jump



Train for the game!



We are located at the old court house across from the rec center.

College Class Times

- Monday thru Friday
 - 7:00—9:00am
- Monday thru Thursday
 - 6:30-8:30pm

Options

2 Days (Maintenance)

3 Days (Strength)

4 Days (Extreme Strength)

Access Acceleration

Access Health Building 1 Hamption Road, Suite 106 Exeter, HN 03833

Phone: 603-778-4890 Michael Thompson, BS, ATC, CSCS, CKT E-mail:mthompson@accessacceleration.com



SUMMER TRAINING 2012

SUMMER 2012: JUNE 18, 2012 - AUGUST 10, 2012

, in Frogram	ns Are Cor	ducted at Access	Acceleratio		-			
PROGRAM		*Please Circle*	#WKS	*Please Circle* TIME OPTIONS		*Please Circle*		
		DAYS				4wks	6wks	8wks
College Men/Women - 2 days		M,W or T,Th	8	7:00-9:00am	,	\$210	\$315	\$420
		M,W or T,Th	6/18-8/10	6:30-8:30pm				-
College Men/Women - 3 days		M,T,W,Th,F	8	7:00-9:00am		\$275	\$430	\$575
		M,T,W,Th	6/18-8/10	6:30-8:30pm				
College Men/Women - 4 days		M,T,W,Th,F	8	7:00-9:00am	-	\$350	\$525	\$690
Elite High School - 2 days		M,T,W,Th M,W or T,Th	8	6:30-8:30pm				
		M,W or T,Th	6/18-8/10	7-9am,8-10a 4-6pm,6:30-		\$210	\$315	\$420
Elite High School - 3 days		M,T,W,Th,F	8	4-6pm,6:30- 7-9am,8-10a				
		M,T,W,Th	6/18-8/10	4-6pm, 6:30		\$275	\$430	\$575
		M,T,W,Th,F	8	7-9am,8-10a			<u> </u>	
Elite High School - 4 days		M,T,W,Th	6/18-8/10	4-6pm, 6:30		\$350	\$525	\$690
		M,W or T,Th	8	9:00am-11:0				
Middle School - 2 days		M,W or T,Th	6/18-8/10	3:00-5:00pm		\$210	\$315	\$420
		M,T,W,Th,F	8	9:00am-11:0				
Middle School - 3 days Middle School - 4 days		M,T,W,Th	6/18-8/10	3:00-5:00pm		\$275	\$430	\$575
		M,T,W,Th,F	8	9:00am-11:0				
		M,T,W,Th	6/18-8/10	3:00-5:00pm		\$350	\$525	\$690
Youth (ages 9-11) - 2 days		M,W or T,Th	8	11:00am-12:00N 4:00pm-5:00pm		\$120	\$180	\$240
		M,W or T,Th	6/18-8/9					
Youth (ages 9-11) - 3 days		M,T,W,Th	8	11:00am-12:00N 4:00pm-5:00pm		\$160	\$240	\$320
		M,T,W,Th	6/18-8/9					
								<u> </u>
		in fact and there is	the start					
Maximum of 9 athlet	es per groi	up for each time slo			1		Cow	
Athlete's Name:		Date of Birth:					Sex:	
Parent's Name:			Sport(s)):					
Addrose								
Address:					States		7in:	
City: Phone:	Email:				State:		Zip:	
	VISA	MastarCard, Ch		h	4 Denver			lith Car
Payment Method:	d: VISA MasterCard Che				1 Payment	ent or 3 Payments With Card Exp Date:		
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