

Access Acceleration

High School Speed & Strength Training

Start of Camp: 06/18/12

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/ **SPEED!**

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



HS Class Times

Monday thru Friday

7:00—9:00am

8:00—10:00am

10:00—12:00pm

Monday thru Thursday

4:00—6:00pm

6:30—8:30pm

Options

2 Days (Maintenance)

3 Days (Strength)

4 Days (Extreme Strength)

Train for the game!



Access Acceleration

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

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

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



SUMMER TRAINING 2012

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

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

PROGRAM	*Please Circle*	# WKS	*Please Circle*	*Please Circle*		
	DAYS		TIME OPTIONS	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
	M,T,W,Th	6/18-8/10	6:30-8:30pm			
Elite High School - 2 days	M,W or T,Th	8	7-9am,8-10am,10-12pm	\$210	\$315	\$420
	M,W or T,Th	6/18-8/10	4-6pm,6:30-8:30pm			
Elite High School - 3 days	M,T,W,Th,F	8	7-9am,8-10am,10-12pm	\$275	\$430	\$575
	M,T,W,Th	6/18-8/10	4-6pm, 6:30-8:30pm			
Elite High School - 4 days	M,T,W,Th,F	8	7-9am,8-10am,10-12pm	\$350	\$525	\$690
	M,T,W,Th	6/18-8/10	4-6pm, 6:30-8:30pm			
Middle School - 2 days	M,W or T,Th	8	9:00am-11:00am	\$210	\$315	\$420
	M,W or T,Th	6/18-8/10	3:00-5:00pm			
Middle School - 3 days	M,T,W,Th,F	8	9:00am-11:00am	\$275	\$430	\$575
	M,T,W,Th	6/18-8/10	3:00-5:00pm			
Middle School - 4 days	M,T,W,Th,F	8	9:00am-11:00am	\$350	\$525	\$690
	M,T,W,Th	6/18-8/10	3:00-5:00pm			
Youth (ages 9-11) - 2 days	M,W or T,Th	8	11:00am-12:00N	\$120	\$180	\$240
	M,W or T,Th	6/18-8/9	4:00pm-5:00pm			
Youth (ages 9-11) - 3 days	M,T,W,Th	8	11:00am-12:00N	\$160	\$240	\$320
	M,T,W,Th	6/18-8/9	4:00pm-5:00pm			

*Maximum of 9 athletes per group for each time slot for all Elite Groups.

Athlete's Name:	Date of Birth:		Sex:
Parent's Name:	Sport(s):		
Address:			
City:	State:	Zip:	
Phone:	Email:		
Payment Method:	VISA MasterCard Check Cash	1 Payment or 3 Payments With Card	
Name on Card:	Card #:	Exp Date:	
Signature of Parent/Guardian			