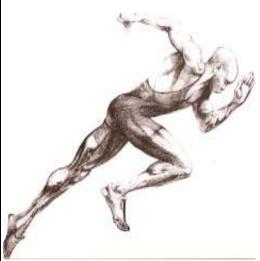
Access Acceleration

High School Speed & Strength Training

Start of Camp: 06/18/12



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

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!



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!



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

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

All Prograr	ns Are Cor	nducted at Access.	Acceleration	on, 1 Hamp	ton Rd, Ex	eter, NH	03833	
PROGRAM		*Please Circle*	# WKS	*Please Circle*		*Please Circle*		
		DAYS	# WKS	TIME OF	PTIONS	4wks	6wks	8wks
College Men/Women - 2 days		M,W or T,Th	8	7:00-9:00am	١,	\$210	\$315	\$420
		M,W or T,Th	6/18-8/10	6:30-8:30pm	١	Q2 10	Ψ515	ψ+2·0
College Men/Women - 3 days		M,T,W,Th,F	8	7:00-9:00am,		\$275	\$430	\$575
		M,T,W,Th		6:30-8:30pm		<u> </u>	V	
College Men/Women - 4 days Elite High School - 2 days		M,T,W,Th,F	8	7:00-9:00am,		\$350	\$525	\$690
		M,T,W,Th		6:30-8:30pm				
		M,W or T,Th	8	7-9am,8-10am,10-12pm		\$210	\$315	\$420
		M,W or T,Th M,T,W,Th,F	6/18-8/10 8				-	
Elite High School - 3 days		M,T,W,Th	6/18-8/10	7-9am,8-10am,10-12pm 4-6pm, 6:30-8:30pm 7-9am,8-10am,10-12pm		\$275	\$430	\$575
		M,T,W,Th,F	8			 		
Elite High School - 4 days		M,T,W,Th	6/18-8/10			\$350	\$525	\$690
		M,W or T,Th	8	9:00am-11:00am				
Middle School - 2 days		M,W or T,Th		3:00-5:00pm		\$210	\$315	\$420
Middle School - 3 days		M,T,W,Th,F	8	9:00am-11:00am			\$430	\$575
		M,T,W,Th	6/18-8/10			\$275		
Middle School - 4 days		M,T,W,Th,F	8	9:00am-11:00am 3:00-5:00pm		0250	\$525	\$690
		M,T,W,Th	6/18-8/10			\$350		
Youth (ages 9-11) - 2 days		M,W or T,Th	8	11:00am-12:00N		C120	C100	C240
		M,W or T,Th	6/18-8/9	4:00pm-5:00pm		\$120	\$180	\$240
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		\$100	\$240	Ψ320
*Maximum of 9 athlet	es per grou	up for each time slo	t for all Elit	te Groups.				
Athlete's Name:			Date of Birth:				Sex:	
Parent's Name:			Sport(s)):					
Address:								
City:			State:		Zip:			
Phone:	1///00		Email:					
Payment Method:				h	1 Payment or 3 Payments With Card			
Name on Card:			Card #:	L			Exp Date	e:
Signature of Parent	/Guardian							