



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

[Combine Preparation Class]

What are your Plans to Get Ready for Your Upcoming Combine?

Join XL Athletic Performance for a 6-week session and reach your full potential.

Program Focuses: The XL Athletic Performance Staff is excited to offer a 6-week comprehensive training program to all athletes preparing for an upcoming Football Combine. This program will focus on decreasing times in the 40-yard dash, pro-agility, and three-cone drill, along with increasing your vertical jump and explosive ability. No matter if your goal is to reach the varsity, collegiate, or professional level; let XL train you to achieve the numbers you need to earn an opportunity to try-out!

Starting March 22, 2010

Session	Days	Time	Price
Combine Prep Class	Tues/Thurs	7:00-8:00 pm	\$145*

**Price includes a full 6-week membership to Bellin's Wellness Facility !*

Registration Form

Deadline: March 17, 2010

Athlete's Name _____

Age _____

Address _____

Home Phone _____

City _____ Zip _____

E-mail _____

Personal Goal _____

School _____

Combine Preparation Class Tues/Thurs, 7:00-8:00 pm

Please call 430-4722 to reserve your spot.

Participation waiver must be completed prior to program start date.

____ Check Enclosed (Please make check payable to Bellin Health .)

Please Return To:
XL Athletic Performance
1630 Commanche Avenue
Green Bay, WI 54313

bellinhealth