



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

**All-Sport
 Pre-Assessments
 Beginning 9/1 & 9/2!**

Fall Programs Beginning After Labor Day!

All Sport Classes Starting: September 7, 2010

All Sport Program Focuses: Linear speed and acceleration development to gain that extra step; Explosive plyometric drills to help you get off the ground faster and elevate higher; Footwork and agility training for quick and controlled change of direction; Core stability and strength development required to maintain proper body position and prevent injury; Resistance training with an introduction to Olympic lifting techniques to build strength and power.

Initial Movement Chain (MCA) and Performance Assessments: All athletes must participate in an Initial and Post Assessment. Assessments will be performed on Mondays and Wednesdays at 4:00 and 5:00 pm.

[Please call to make your appointment].

What is the Movement Chain Assessment? A Performance Enhancement Specialist evaluates your body's ability to move efficiently. In addition to measuring flexibility and hip strength, we videotape posture and how your body moves. Upon identifying any muscular imbalance or weakness, you will be provided with a personalized corrective exercise plan and DVD with specific exercises to improve those areas.

[High School All Sport]

Session	Days	Times	Program
Session One	Mon & Wed	5:00 - 6:30 pm	8 weeks 2, 3, or 4 x per week
Session Two	Tues & Thu	5:00 - 6:30 pm	
Make-Up or 3 rd Day	Friday	4:00 - 5:30 pm	

Program Cost:

2 Days per Week \$265* 3 Days per Week \$375*

4 Days per Week \$470*

**Price does not include the \$50 assessment fee*

[Middle School All Sport]

Session	Days	Times	Program
Session One	Mon & Wed	4:00 - 5:00 pm	8 weeks 2 or 3 x per week
Session Two	Mon & Wed	6:00 - 7:00 pm	
Session Three	Tues & Thu	4:00 - 5:00 pm	
Session Four	Tues & Thu	6:00 - 7:00 pm	
Make-Up or 3 rd Day	Friday	4:00 - 5:00 pm	

Program Cost:

2 Days per Week \$190* 3 Days per Week \$265*

**Price does not include the \$50 assessment fee*

Call today to reserve your spot!

(920)430-4722

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