



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

[Basketball]

What are your Fall Plans to improve as an Athlete?

Join XL Athletic Performance for a 9-week session and reach your full potential.

Program Focuses: Court-based footwork and agility with an emphasis on lateral quickness to help get to that loose ball first; Explosive plyometric training to help you get off the ground quicker and elevate higher when fighting for those boards; Core stability and strength development required to stay low in your defensive position and prevent injury; Game specific conditioning to maintain a high level of performance through all 4 quarters; Resistance training with an introduction to explosive Olympic lifting techniques to create the strength and power necessary to battle on the blocks.

Initial Assessments: All athletes must participate in both a Movement Chain Assessment (MCA) and Performance Assessment prior to starting their program. Initial Assessments will be performed on the first day of class; **Wednesday September 8, from 4:00 - 5:30 pm.**

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.

Starting September 8, 2010

Registration Deadline: September 1

Days	Times	Program	Cost
Mon & Wed	4:00 - 5:30 pm	9 weeks 2 x per week	\$325

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Reserve your spot today! Call (920) 430-4722 or send us your reservation!

Basketball

Athlete's Name _____ Home Phone _____

**Participation waiver and payment must be completed prior to program start date.*

Check Enclosed (Please make check payable to Bellin Health)

XL Athletic Performance
1630 Commanche Avenue
Green Bay, WI 54313



See Reverse Side for **Team Training** Options!!!

Team Training Pricing & Available Times

■ XL Team Training Opportunities

Team Training times available any day and time, Monday through Friday 3:00 pm to 8:00 pm. Availability is limited and teams will be scheduled on a first come first serve basis. Call early to reserve the time that works best for your team!

■ XL Team Training Prices

12-15 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$175.00/Athlete	\$250.00/Athlete	16 Sessions
8 Week Program 3x	\$250.00/Athlete	\$365.00/Athlete	24 Sessions
8-11 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$195.00/Athlete	\$280.00/Athlete	16 Sessions
8 Week Program 3x	\$280.00/Athlete	\$410.00/Athlete	24 Sessions
5-7 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$215.00/Athlete	\$310.00/Athlete	16 Sessions
8 Week Program 3x	\$310.00/Athlete	\$455.00/Athlete	24 Sessions