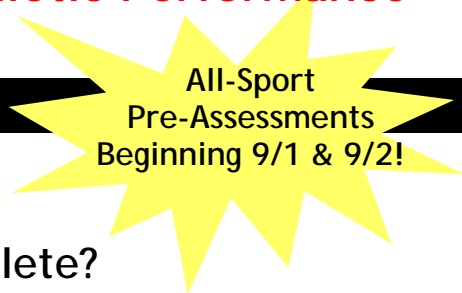




# Do You XL?

Welcome to XL™ Athletic Performance  
www.XLPlayLarge.com



## Athletic Performance

### [Middle School All Sport]

What are your Fall Plans to improve as an Athlete?

Join XL Athletic Performance for an 8-week session and reach your full potential.

**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; An introduction to fundamental resistance training techniques to create the 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].**

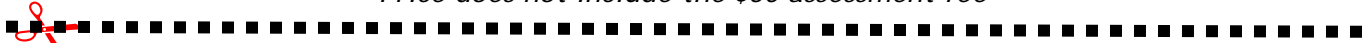
**What is the Movement Chain Assessment?** A Performance Enhancement Specialist evaluates your body's ability to move efficiently. In addition to measuring flexibility and hip strength, we videotape posture and how your body moves. Upon identifying any muscular imbalance or weakness, you will be provided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

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

Program Cost:

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

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



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

### Middle School All Sport

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*)
- Session 1                       Session 2
- Session 3                       Session 4



XL Athletic Performance  
1630 Commanche Avenue  
Green Bay, WI 54313