



# Do You XL?

Welcome to XL™ Athletic Performance  
[www.XLPlayLarge.com](http://www.XLPlayLarge.com)

Athletic Performance

Save up to 30%  
when compared to  
regular program pricing!

## [Team Training]

### What is it?

Team Training is a DISCOUNTED training opportunity for “teams” of 5-15 athletes. Specific programs will be designed to prepare the athletes for an up-coming season or event. Team training programs usually run 2 or 3 days per week, for 9 weeks, with 60-90 minute sessions available, although programs can be modified to fit any timeframe or schedule.

### Who can sign up?

Anyone looking to achieve the same common goal, such as heading into the basketball season with a higher vertical jump and better footwork can sign up. The “team” can include athletes from any school and level - you put the “team” together, we’ll help you work towards reaching your goals.

### When do team training sessions take place?

Start and end dates and session days and times will be scheduled to fit your team’s availability and needs. Once the details have been determined, sessions will run on the same days and at the same time for the duration of the program.

### Who has completed Team Training sessions in the past?

- Ashwaubenon Softball
- GB Preble Cross Country
- GB Preble Football
- GB Preble Soccer
- GB Southwest Basketball
- Green Bay United Hockey
- Kewaunee Football
- Notre Dame Cross Country
- Notre Dame Hockey
- Notre Dame Soccer
- Pulaski Basketball
- Pulaski Football
- Pulaski Rugby
- Seymour Basketball
- WDP Basketball
- WDP Volleyball

### How much does a Team Training cost?

### Where can we sign up?

Please refer to the reverse side of this sheet for a cost breakdown and available days and times. Specific requests for program options not listed will be accommodated. Call today to reserve your team’s spot!

# 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

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