



# Do You XL?

Welcome to XL™ Athletic Performance  
www.XLPlayLarge.com

## Athletic Performance

### [Wrestling]

#### 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:** Explosive Plyometric and Acceleration training to cover more ground in less time; Match specific conditioning to ensure a high level of intensity and aggressiveness through all three periods; Core Stabilization and Balance required to maintain proper technique regardless of positioning; Resistance Training with an emphasis on Olympic lifting techniques to develop the strength and power necessary to physically dominate your opponent.

**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; Tuesday September 7, 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 7, 2010**

**Registration Deadline: September 1**

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

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

### Wrestling

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

<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