



# Do You XL?

Welcome to XL™ Athletic Performance  
www.XLPlayLarge.com

Athletic Performance



## [Soccer]

### What are your Summer Plans to improve as an Athlete?

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

**Program Focuses:** Explosive Plyometric training to give you that quick burst, grass based Footwork and Agility training with an emphasis on change of direction to help you move more efficiently during the game and keep the ball in front of you, Linear Speed and Acceleration to beat every opponent to the ball or up the field, Endurance to maintain a high level of intensity throughout the game, Core Stabilization and Balance necessary to handle the ball and put it in front of the net, Resistance Training with an emphasis on Olympic lifting techniques to kick the ball farther and move through traffic quicker.

**Initial Assessments:** All athletes must participate in a Performance Assessment. Initial Performance Assessments will be performed **Wednesday June 9, Thursday June 10, and Friday June 11** at various times... **[Please call to make your appointment].**

**Movement Chain Assessment (MCA):** Will be available immediately following your performance assessment at an additional cost of \$25. While the MCA is optional, it is highly recommended to aid our staff in personalizing each athlete's program to meet their individual needs.

**Starting June 15, 2010**

**Registration Deadline: June 9**

Session	Days	Times	Program
Session One	Tues & Thurs	8:00 am - 9:30 am	8 weeks 2x per week

**Program Cost:**  
Before June 7<sup>th</sup> ..... \$325 .....After June 7<sup>th</sup> .....\$350



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

### Soccer

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

