



Do You XL?

Welcome to XL™ Athletic Performance
www.XLPlayLarge.com

Athletic Performance

[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 program runs 2 or 3 days per week, for 8 weeks, with 60-90 minute sessions available.

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

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
- Green Bay Preble Cross Country
- Green Bay Preble Football
- Green Bay Preble Soccer
- Kewaunee Football
- Notre Dame Cross Country
- Notre Dame Soccer
- Pulaski Basketball

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 Prices

12-15 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$150.00/Athlete	\$225.00/Athlete	16 Sessions
8 Week Program 3x	\$225.00/Athlete	\$340.00/Athlete	24 Sessions
8-11 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$170.00/Athlete	\$255.00/Athlete	16 Sessions
8 Week Program 3x	\$255.00/Athlete	\$385.00/Athlete	24 Sessions
5-7 Athletes	60 Minutes	90 Minutes	
8 Week Program 2x	\$190.00/Athlete	\$285.00/Athlete	16 Sessions
8 Week Program 3x	\$285.00/Athlete	\$430.00/Athlete	24 Sessions

■ XL Team Training Available Days and Times

Monday & Wednesday	3:30 - 4:30 pm	4:00 - 5:00 pm	3:30 - 5:00 pm
Tuesday & Thursday	3:30 - 4:30 pm	4:00 - 5:00 pm	3:30 - 5:00 pm
Monday & Wednesday	5:00 - 6:00 pm		
Tuesday & Thursday	5:00 - 6:00 pm		
Tuesday & Thursday	6:30 - 7:30 pm	7:00 - 8:00 pm	6:30 - 8:00 pm
Monday & Wednesday	7:30 - 8:30 pm		
Tuesday & Thursday	7:30 - 8:30 pm		
Friday	3:30 - 6:00 pm		

Call today to reserve your spot!

(920)430-4722

XL Athletic Performance
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