

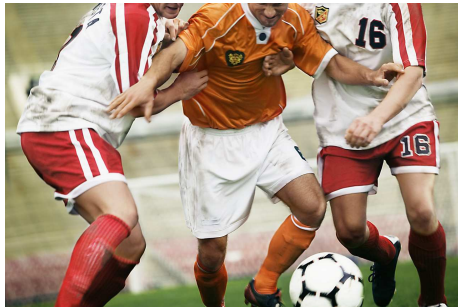


www.xlplaylarge.com



[Soccer] Control YOUR Success!!

Join XL Athletic Performance for this 9-week session specifically designed for athletes that want to get a head start with pre-season training and reduce their risk of developing common soccer related injuries.



Program Focuses:

- Explosive plyometric training to give you that quick burst
- Grass based Footwork and Agility training to help you adjust to the ball direction
- 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

Initial Assessments: Initial Movement Screen and Performance Assessment will be performed on the first day of class; Tuesday January 10th, 2012, from 4:00 pm - 5:15 pm.

Athlete Testimonial!

“I chose XL Athletic Performance because of the trainers’ knowledge and the sense of teamwork they provide. I also like that the training can be geared to your specific sport. They genuinely want me to improve and understand how to help me to become the best possible.”

Starting: January 10th, 2012

Registration Deadline: Jan. 5th, 2012

Days	Times	Program	Cost
Tuesday & Thursday	4:00 pm - 5:15 pm	9 weeks, 2x/week	\$325



Reserve your spot today!

Call (920) 430-4722 or send us your reservation!

Pre-Season Soccer

Tues & Thurs 4:00 - 5:15pm

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

6-8 athletes	75 minutes	
9 week Program 2x	\$310.00 / Athlete	18 sessions
9 week Program 3x	\$455.00 / Athlete	27 sessions
9-11 athletes	75 minutes	
9 week Program 2x	\$280.00 / Athlete	18 sessions
9 week Program 3x	\$410.00 / Athlete	27 sessions
12-15 athletes	75 minutes	
9 week Program 2x	\$250.00 / Athlete	18 sessions
9 week Program 3x	\$365.00 / Athlete	27 sessions