

## [Track & Field]

### What is YOUR Winter Plan to Improve as a Track Athlete? Do you want to reduce your risk of injury?

Join Former Track Athlete and College Cross Country Runner Nate Vandervest for this 9-week session specifically designed for athletes that want to get a head start on pre-season training and reduce their risk of developing common track & field injuries such as: shin splints, knee pain, muscle strains, & stress fractures.

#### Program Focuses:

- Form running Technique and analysis to improve running efficiency
- Power and Plyometric training to explode out of the blocks and off the line
- Core stabilization and balance to maintain posture and technique throughout the race
- Resistance training with an emphasis on Olympic lifting techniques to jump farther and run faster
- Flexibility to prevent injury and lengthen your stride



**Initial Assessments:** Initial Movement Screen and Performance Assessment will be performed on the first day of class; **Monday January 2nd, 2012, from 5:00 pm - 6:15 pm.**

### *Athlete Testimonial!*

**“Personally, I feel the best quality of the trainer’s is their desire to see me succeed.”**

**Starting:** January 2nd, 2012

**Registration Deadline:** Dec. 29th, 2011

Days	Times	Program	Cost
Mon & Wed	5:00 pm - 6:15 pm	9 weeks, 2x/week	\$325

**Reserve your spot today!**

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

**Pre-Season Track & Field**

**Mon & Wed 5:00 pm - 6:15 pm**

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

# bellinhealth

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