

2007-2008
APPLICATION

CORE ATHLETIC PERFORMANCE

2275 Deming Way Ste. B100
Middleton, WI 53562
608.831.CORE (2673)
www.coreathletic.com

STRENGTH

NEW! STRENGTH ALL-ACCESS (Ages 12-23)

\$225/mn or one time payment of \$2500

If you had an opportunity to transform your athletic ability in the next year, would you do it? STRENGTH ALL-ACCESS is that opportunity! We provide the customized performance plan & passionate coaching....you bring your enthusiasm, determination, and sweat! Are you willing to step up to the plate? Now is the time to make your athletic dream come true! We strategically customize the type, frequency, and duration of your STRENGTH sessions to maximize your performance, during every part of your year!

Includes:

- Unlimited STRENGTH sessions for 1 year
- Quarterly Macro-Performance planning sessions with you, your parents & coaches
- Quarterly Performance testing & progress reports
- Pre & Post-Event Regeneration sessions
- 10% discount on all SPEED seasons for 1 year

Prerequisite: STRENGTH 1-on-1 Evaluation

Select STRENGTH Times:

- Mondays 4:30-5:30pm
- Mondays 6:30-7:30pm
- Tuesdays 5:30-6:30pm
- Wednesdays 4:30-5:30pm
- Wednesdays 6:30-7:30pm
- Thursdays 5:30-6:30pm
- Fridays 4:30-5:30pm

STRENGTH 8 week season (Ages 12-23)

\$32/sn

Each power-packed 60 minute session includes a customized performance plan and lots of hands-on instruction from our Performance Specialists. STRENGTH performance plans are specifically designed to improve your:

- Active Flexibility
- Core Strength
- Power
- Strength
- Anaerobic Conditioning
- Regeneration

Prerequisite: STRENGTH 1-on-1 Evaluation

Select Season Dates

- Fall September 10-November 2
- Winter 1 November 5-January 11 (off Nov.19-23, Dec.24-28, Jan.1)
- Winter 2 January 14-March 7
- Spring March 10-May 9 (off Mar.17-21)

Select # of Days/Wk

- 1 Day/Wk \$256 / season
- 2 Days/Wk \$512 / season
- 3 Days/Wk \$768 / season
- 4 Days/Wk \$1024 / season

Select STRENGTH Times:

- Mondays 4:30-5:30pm
- Mondays 6:30-7:30pm
- Tuesdays 5:30-6:30pm
- Wednesdays 4:30-5:30pm
- Wednesdays 6:30-7:30pm
- Thursdays 5:30-6:30pm
- Fridays 4:30-5:30pm

STRENGTH 1-on-1 Evaluation (Ages 12-23)

\$75

During this professional evaluation & testing session our Performance Specialists will evaluate your strengths, weaknesses, and the demands of your sport and position. With this critical information, our Performance Specialists will create your customized STRENGTH plan designed specifically for you, to reach your goals. Parent attendance is highly recommended. *All 1st time STRENGTH athletes and those who have not participated in STRENGTH in the last 9 months must complete the STRENGTH 1-on-1 Evaluation prior to training!*

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SPEED

SPEED (Ages 12-23) @ Keva Sports Center



SPEED separates great athletes from the good ones! Utilizing methods from the best of the best in the speed development industry, SPEED is the premier program for developing linear & lateral speed in athletes. No tricks, no gimmicks, just real results! Think of the possibilities of sprinting faster and exploding past your competition!

Includes:

- SPEED-specific Evaluation & Testing
- 40yd Dash, T-drill, & Upper Body Power Testing
- Sport & position-specific technique drills
- SPEED Post Testing Report

Select Season Dates
 Spring March 24-May 15

Select SPEED Times:
 Mondays only 5:00-6:00pm \$225
 Wednesdays only 4:30-5:30pm \$225
 Mondays & Wednesdays \$450

STRENGTH & SPEED COMBO (Ages 12-23) *The Ultimate Combination!*

Save 10% off of your SPEED season when you purchase STRENGTH during the same season!

ATHLETE INFORMATION

NAME _____ SCHOOL _____
GRADE _____ DATE OF BIRTH ___/___/___ T-SHIRT SIZE S M L XL XXL
SPORT#1 _____ COACH _____
SPORT#2 _____ COACH _____

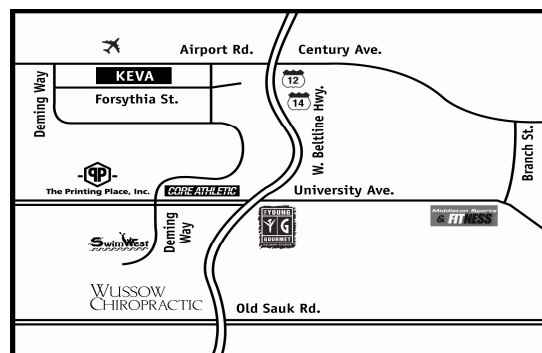


*Reschedule Policy-we require **at least 12 hours advanced notice** to reschedule a STRENGTH session or the session will be forfeited. All reschedules must be completed by the end of each 8 week season or they will be forfeited. Call 831-CORE (2673) to reschedule STRENGTH sessions.

PAYMENT INFORMATION

MAP

STRENGTH subtotal	Minus ___% discount	STRENGTH Total
\$	-\$	\$
SPEED subtotal	Minus ___% discount	SPEED Total:
\$	-\$	\$
Payment Type:		GRAND total:
<input type="checkbox"/> Cash <input type="checkbox"/> Check# _____ <input type="checkbox"/> EFT		\$



Ask about our Family & Group Discounts!