

From 2007-2008, CORE's "athletes-in-training" roster included 31 Division I athletes and 19 Division II and III athletes in seven major sports.

Programs available for

- Youth (ages 7-11)
- Middle School (ages 12-13)
- High School (ages 14-18)
- College
- Pro & Elite Amateur

Level of customization

1-on-1

\$50+ per session

Includes a customized plan and 1-on-1 attention from a coach who specializes in your sport!

Group

\$30 per session

Includes a customized plan and a low athlete-to-coach ratio.

Class

\$15 per session

Each class is instructed by one of our nationally-certified coaches.

To learn more, contact:
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Co-Owner
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CORE ATHLETIC is Wisconsin's leader in performance training for athletes from youth to pro levels. With a facility designed to be an athletes' refuge - a place where athletes can take shelter from daily distractions of sport and life - you'll find a center to focus on improving your own athletic performance.

SPECIALIZED BASKETBALL TRAINING

Receive basketball-specific performance training from Performance Specialists who have worked with NBA and NCAA Division 1 players! Our basketball program is not attempting to make you a better body builder, power lifter or track athlete. Our focus is on making you the best basketball player that you can be, given your unique set of abilities.

Program Benefits

- Jump higher
- Improve 1-step quickness
- Increase overall body strength
- Improve speed
- Increase conditioning level
- Carry less body fat
- Reduce chances of ankle and knees injuries
- Boost confidence

Choose Your Program's Emphasis

- **POWER** - focus on improving your explosiveness to the hoop and strength in the paint!
- **SPEED** - learn the keys to beating your defender off the dribble and in transition!
- **CONDITIONING** - prepare your body to sprint passed your competition when the game is on the line, in the 4th quarter!
- **JUMP START** - a perfect way for young players (ages 7-11) to develop a strong core foundation necessary for top basketball performance!



"I attest to the hard work, determination, and experience of the owners of CORE Athletic. While studying under the Chicago Bulls strength and conditioning staff, I witnessed the passion CORE owners have to learn and grow in the arena of human performance and a character that represents true integrity.

Al Vermeil, 6-Time NBA Champion Chicago Bulls and Hall of Fame Strength Coach



Team and group discounts available.

For sign up information and upcoming class schedule, please refer to page 2 or see www.coreathletic.com

