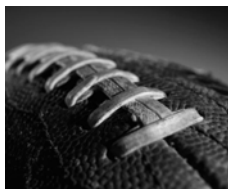
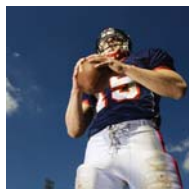


# ***Sports Enhancement Program***



**SKILL ASSESSMENT *INCLUDED!!***

## **PROGRAM DESCRIPTION**

- Improve overall athletic ability by emphasizing the development of balance (proprioception), agility, speed and power through core strength.
- Emphasis on dynamic stretching exercises to develop proper running technique
- Plyometric exercises include balance drills, line jumps, ladder drills, box jumps and resistance cord drills
- Develop total body strength and power utilizing manual resistance and medicine ball exercises.

## **ATHLETE ASSESSMENT**

- Performance tests conducted to measure coordination, speed, agility and vertical leap
- Results are documented and reviewed throughout the program to measure improvement and provide positive feedback

## **PACKAGE OPTIONS**

### **12 Session Package**

1 Athlete.....\$240  
2+ Athletes.....\$170/Athlete  
8+ Athletes.....\$150/Athlete

### **18 Session Package**

1 Athlete.....\$290  
2+ Athletes.....\$220/Athlete  
8+ Athletes.....\$200/Athlete

\*Includes a Performance Shirt

**Call (859) 334-4330 or 371-8447....**

**To Schedule**

**Your *ASSESSMENT* Today!**