



HIGH SCHOOL PERFORMANCE TRAINING

Elite Athlete Training Services offers The Top Performance Training Program for High School athletes in the DC/Baltimore Metropolitan Area! This Training program is designed to prepare you to perform at your best and give you the “Edge” over your competition!

Program Benefits

- Injury Prevention & Corrective Exercise
- Improved Flexibility & Mobility
- Improved Core Strength
- Improved Strength & Power
- Improved Acceleration & Speed
- Improved Quickness & Agility
- Improved Sport Specific Conditioning Level
- Improved Sports Nutrition

HIGH SCHOOL PERFORMANCE TRAINING SCHEDULE

Advanced Strength Development (Semi Private) Training

Available By Appointment Monday-Saturday (AM-PM)

Speed, Agility & Conditioning (SAC) Class

Monday/Wednesday	Tuesday/Thursday	Friday	Saturday
4:00 pm	4:00 pm		9:45 am

SUPERIOR TRAINING... DOMINATING PERFORMANCE!



MONTHLY TRAINING PACKAGES

(Cost below are for 1 Month Training Packages)

1 Month SAC Class	1 Month Advanced Strength Development
1 Class per Week \$90	1 Session per Week \$180
2 Classes per Week \$170	2 Sessions per Week \$360
3 Classes per Week \$240	3 Sessions per Week \$540
1 Month Total Performance (Adv. Strength Dev. & SAC)	
<u>Total Performance # 1</u>	
1 Adv. Strength Dev. / 2 SAC per Week \$280	
<u>Total Performance # 2</u>	
2 Adv. Strength Dev. / 2 SAC per Week \$440	
<u>Total Performance # 3</u>	
2 Adv. Strength Dev. / 3 SAC per Week \$500	
Total Performance Unlimited \$660	

E.A.T.S. Performance Center

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