



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 camp is designed to prepare you to perform at your best and give you the “Edge” over your competition!

Program Benefits

- | | |
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| <ul style="list-style-type: none"> • Improved Flexibility & Mobility • Improved Core Strength • Improved Strength & Power • Improved Acceleration & Speed | <ul style="list-style-type: none"> • Improved Quickness & Agility • Improved Sport Specific Conditioning Level • Improved Sports Nutrition |
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HIGH SCHOOL PERFORMANCE TRAINING SCHEDULE

Advanced Strength Development Semi Private Training

Available By Appointment Monday-Saturday (AM-PM)

Speed, Agility & Conditioning (SAC) Class		Foundational Strength Development Class
Monday/ Wednesday	Saturday	Tuesday/Thursday
5:00-6:00 pm	10:00-11:00 am	5:00-6:00 pm

SUPERIOR TRAINING... DOMINATING PERFORMANCE!



Our Comprehensive High School Performance Training Program addresses **Speed**, **Agility** & **Conditioning** training as well as full body **Strength Development** to ensure injury prevention and performance enhancement!

DOMINATION in season is **EARNED** in the off-season!

To ensure quality of instruction & the development of each athlete Classes are limited to 20 participants and Advanced Strength Sessions are limited to 6 participants.

MONTHLY TRAINING PACKAGES

1 Month SAC Class	1 Month Foundational Strength Development Class	1 Month Advanced Strength Development Training
1 Class per Week \$90	1 Class per Week \$90	1 Session per Week \$180
2 Classes per Week \$170	2 Classes per Week \$170	2 Sessions per Week \$360
3 Classes per Week \$240		3 Sessions per Week \$540

1 Month Total Performance (Advanced Strength Dev. & SAC Class)

Total Performance # 1

1 Adv. Strength Dev. / 2 SAC per Week \$280

Total Performance # 2

2 Adv. Strength Dev. / 2 SAC per Week \$440

Total Performance # 3

2 Adv. Strength Dev. / 3 SAC per Week \$500

Total Performance Unlimited \$660

To reserve your spot Contact Us Today!

Info@EliteAthleteTraining.com

240-498-9647 / www.EliteAthleteTraining.com

SUPERIOR TRAINING... DOMINATING PERFORMANCE!

E.A.T.S. PROGRAM REGISTRATION

Personal Information:

Last Name: _____ First Name: _____
Address: _____ City: _____ State: _____ Zip: _____
School: _____ Grade: _____ Date of Birth: ____/____/____
Sport(s): _____

Contact Information:

Home Tel # _____ Work Tel # _____
Cell # _____ Email: _____@_____
Emergency Contact Name: _____ Emergency Contact # _____
Relationship _____

Payment Type: Check # _____ (Payable to E.A.T.S.) Credit Card

Credit Card Information			
Credit Card Type (circle one)			
Visa	Master Card	Amex	Discover
Credit Card #	Exp Date	Sec Code	Authorized Amount
			\$
Billing Name (as printed on card)			
Billing Address			
City	State	Zip Code	

Waiver of Liability

I hereby give my consent to *Elite Athlete Training Services, MBW Training Center* and all affiliated coaches to provide me, my child and/or my family reasonable and customary medical/athletic training attention or emergency medical services if necessary in the course of my, my child's or my family's participation. I am fully aware of the hazards and risks, including catastrophic injury, paralysis and even death as well as other damages or losses associated with my, my child's or my family's participation in athletic training. I further agree on behalf of myself, my heirs and personal representatives to release, discharge and waive any and all claims against *Elite Athlete Training Services, MBW Training Center*, their officers, directors, coaches, trainers, employees, agents and volunteers from all claims or liabilities of any kind arising out of my participation in athletic training or activities.

Signature X _____

Date _____

The Performance Barn

15870 Frederick Rd. Woodbine MD. 21797