



JUNIOR PERFORMANCE TRAINING

The **Junior Performance Training Program** instructs boys and girls, ages 10 to 14 on the skills and strategies to improve their quality of movement and addresses the needs of the rapidly growing and developing youth athlete for injury prevention and performance enhancement. This program develops the foundation base of athleticism required for our youth athletes to progress to our High School Level programs.

Program Benefits

- Increase Self-Confidence
- Improve Movement Efficiency
- Injury Prevention

- Foundational Strength Development
- Intro to Speed & Agility Training
- Learn to Enjoy Exercise & Activity

JUNIOR PERFORMANCE TRAINING SCHEDULE

Junior Performance Training Class

Monday/Wednesday

Tuesday/Thursday

Friday

Saturday

5:00 pm

4:30 pm

5:00 pm

10:00 am

Semi Private Performance Training

Available By Appointment Morning Through Evening

SUPERIOR TRAINING... DOMINATING PERFORMANCE!



Our Comprehensive Junior Performance Training Program provides an introduction to **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 this program is limited to 10 participants.

MONTHLY TRAINING PACKAGES

(Cost below are for 1 Month Training Packages)

1 Month Junior Performance Class	1 Month Performance Training by Apt.
1 Class per Week \$100	1 Session per Week \$180
2 Classes per Week \$200	2 Sessions per Week \$360
3 Classes per Week \$300	3 Sessions per Week \$540

To reserve your spot Contact Us Today!

Info@EliteAthleteTraining.com

E.A.T.S. Performance Center

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