



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

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| <ul style="list-style-type: none"> • Increase Self-Confidence • Improve Movement Efficiency • Injury Prevention | <ul style="list-style-type: none"> • Foundational Strength Development • Intro to Speed & Agility Training • Learn to Enjoy Exercise & Activity |
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PERFORMANCE TRAINING SCHEDULE

Speed, Agility & Conditioning (SAC) Class	Foundational Strength Development Training
Monday - Tuesday - Wednesday	Mon - Tue - Wed - Thu
6:00-7:00 pm	6:00-7:00 pm

The Performance Barn

15870 Frederick Rd. Woodbine MD. 21797
(Turn into Country Springs Wholesale Nursery)

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 SAC Class

1 Class per Week \$90
2 Classes per Week \$170

1 Month Strength Development Class

1 Class per Week \$90
2 Classes per Week \$170

1 Month Total Performance (Strength Dev. & SAC)

Total Performance # 1
3 Classes per Week \$244

Total Performance # 2
4 Classes per Week \$272

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 _____