



Proudly Presents...



Strength, Conditioning, Speed, & Agility Clinic!!!

provided by

**ACCELERATED
FITNESS SOLUTIONS'**

team of Certified Strength & Conditioning
Coaches and Personal Trainers



PARENTS!!!

Is your child actively involved in sports?

Are you ready to help them progress to the next level or get ready for next season?

Our team of **Certified Strength & Conditioning Coaches and Personal Trainers** will utilize the latest training techniques to not only prepare your young athlete to compete but give them a competitive advantage over their peers. Our **6-Week or 8-Week Athletic Training Clinic** improves athletic performance by improving: **STRENGTH, CONDITIONING, SPEED, & AGILITY.**

DATES:

6 & 8 WEEK PROGRAM FOR ATHLETES AGES 10 AND UP:

- July 6th – Aug 31st (6 or 8 week option)
- M,W,F at the Star Hill Family Athletic Center:
Attend Mornings 7:30 am-9:00am
or Evenings 6pm-7:30pm

GROUPS:

- Youth co-ed age 10-12
- Female 12 +
- Male 12+

Enhance Performance in:

- Soccer
- Lacrosse
- Football
- Volley Ball
- Field Hockey
- Swimming
- Baseball
- Cheerleading
- Softball



- Each athlete will be tested pre and post training
- Workout sessions are an hour and a half long (90 minutes)
- Program will improve speed, agility, strength, conditioning, flexibility, acceleration, max velocity, and power.
- Cost: \$360 – 6 week, (18 sessions or 27 hours)
- Cost: \$480 – 8 week, (24 sessions or 36 hours) per athlete, sibling discounts offered
- Limited slots available (27 in total) - first come first serve
- \$75 weekly drop in fee – based on availability



Please contact Brian Woodford at (860) 575-0473

or via email: Tolland@acceleratedfitness.com for more information.

Registration online at www.starhillsports.com

(Select specialty camps on the home page)

