



Fall 2018 Athletic Performance Program

This **Athlete Acceleration** program is designed to improve sport specific skill along with **Speed, Power, Endurance, Strength and Agility**. The program will also decrease the chance of injury in competition through development of improved body control and increased joint stability. There will be a limited number of appointments and athletes admitted to the program so please make your reservation as soon as possible. **The fee will cover the entire Fall season and also gives the athlete access to the YMCA 7 days a week.** The sessions will be held before school, after school, on "out days" and on Saturday to best accommodate busy school schedules.

Fall Session start August 20th through November 10th

Workout times:

7:00am-11:00am Mon-Thurs
2:00pm-8:00pm Mon-Thurs.
7:00am-Noon Sat.

2018 Spring Average Results:

- .36 second decrease in 10yd Time
- 3.46 increase in Vertical Jump
- 2.2 inch Increase in Lower Body Flexibility
- 33 lb gain in Lower Body Strength
- 10 lb increase in Lean Muscle Mass
- 11 lb decrease in Body Fat

Each Athlete receives a complete evaluation of individual Speed, Strength, Power, Agility, Flexibility, Endurance, Reaction Time, Body Composition and Metabolism. Based on results a personal program of nutrition and training is developed to ensure the best chance for performance improvement.

Cost:

2 Sessions Per Week Member- \$299.00 All Ages
2 Sessions Per Week Non-Member- \$350.00 All Ages
1 Session Per Week Member- \$199.00 All Ages
1 Session Per Week Non-Member-\$250.00 All Ages

Name _____ ↑

Address _____

Phone _____

Email _____

For Office Use Only:
Date _____
Fee _____
Payment Method _____
Staff Name _____

Call 402-223-5266 (Y) or 402-806-2485 (Dr. Ruiz) if you have questions or to schedule your first session.