



Spring 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 Spring 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.

Spring Session February 26th – May 20th

Workout times:

6:00am-11:00am Mon-Thurs.
2:00pm-8:00pm Mon-Thurs.
7:00am-Noon Sat.

2017 Fall Average Results:

- .30 second decrease in 10yd Time
- 3.7 increase in Vertical Jump
- 2.0 inch Increase in Lower Body Flexibility
- 36 lb gain in Lower Body Strength
- 12 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- \$199.00 All Ages
2 Sessions Per Week Non-Member-Youth \$249.00/ Young Adult \$279.00/ Adult \$319.00
1 Session Per Week Member- \$99.00 All Ages
1 Session Per Week Non-Member-Youth \$149.00/ Young Adult \$179.00/ Adult \$219.00

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.