



## Winter 2018/19 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 winter 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 Saturdays to best accommodate busy school schedules.

**Winter Session (November 12<sup>th</sup>-Dec 6<sup>th</sup> Testing) through February 24<sup>th</sup>**

**Workout times:**

6:00am-11:00am Mon-Thurs.  
2:00pm-8:00pm Mon-Thurs.  
Some Sat. for makeup.

**2018 Average Results:**

- .30 second decrease in 10yd Time
- 3.31 increase in Vertical Jump
- 2.0 inch Increase in Lower Body Flexibility
- 34 lb gain in Lower Body Strength
- 13 lb increase in Lean Muscle Mass
- 10 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.**



Parents, Coaches and Athletes,

We just completed a fall great season of training and saw record results. It is always interesting to see the progress that is made and which athletes showed the most improvement. We had athletes of all ages from Beatrice, Southern, Norris, Freeman, Tri-County, Wilber, Marysville, Axtell, Sterling and Lincoln. Below are the combined totals for all fall session athletes so far:

**Weight-** +18 lbs for gainers and -17 for losers

**Speed-** .19 in 10 yards

**Agility-** - .38 in 20yards

**Flexibility-** 2.3 in increase upper and lower body

**Strength-** 41 pound increase in upper and lower body

**Endurance-** 3.2 increase in VO2 level

Congratulations to all you fall **iAthletes** and good luck in your winter sport. I look forward to getting out and watching as many of you as possible compete in your respective sports.

I enclosed a flyer for any athletes that wish to train to maintain their fall performance levels, or want to focus on a Winter/Spring sport. **We will start the winter session at the end of November through the week of December 3<sup>rd</sup> ending February 24<sup>th</sup>.** Slots fill up fast so get your spot reserved. Remember you can also train with a friend.

Keep up the hard work it will pay off.

*Brent A. Ruiz, PhD*