



Spring 2015 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 16th – May 9th

Workout times:

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

2014 Fall Average Results:

- .29 second decrease in 10yd Time
- 3.672 increase in Vertical Jump
- 2.0 inch Increase in Lower Body Flexibility
- 39 lb gain in Lower Body Strength
- 16 lb increase in Lean Muscle Mass
- 9 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 \$239.00/ Young Adult \$279.00/ Adult \$299.00
1 Session Per Week Member- \$99.00 All Ages
1 Session Per Week Non-Member-Youth \$149.00/ Young Adult \$179.00/ Adult \$199.00

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.