



sports performance institute

Athletic Performance Training PLUS *June 25th - September 2nd, 2018*

SPI's **Athletic Performance Training** programs prepare each athlete for success on and off the playing field. Our coaches are certified strength and conditioning and fitness professionals who have exceptional backgrounds in educating, developing, and training athletes. The program is designed to increase speed, strength and agility while reducing the risk of common injuries experienced in youth sports.

The summer **SPI.APT+** builds on the foundation of our Athletic Performance Training program. Held in a private, outdoor facility, students have exclusive access to an array of equipment and space, including a 100-foot long turf field. Longer sessions allow coaches time to maximize, teach and expand on the training program for each athlete.

- ▶ Safe and Effective Environment
- ▶ Strength, Speed, Agility, Athleticism, Movement and Mobility
- ▶ Injury Prevention
- ▶ Individual Assessment (Functional Movement Screen)
- ▶ Personal Attention (6:1 Athlete/Coach ratio)
- ▶ Personal workout sheet for each athlete to track progress
- ▶ Nutrition Education by Darren Burke (Health Coach + Nutritionist with a Masters in Exercise Science)
- ▶ Mental Toughness training by Brian Lomax (M.Ed., Sports Psychologist)

MIDDLE SCHOOL	Tuesday / Thursday	8:30 - 9:30 AM 4:30-5:30pm
HIGH SCHOOL	Monday - Thursday	8:00 - 9:30 AM 9:00 - 10:30 AM 4:00 - 5:30 PM

TUITION

MIDDLE SCHOOL (2 4-week sessions)

SESSION 1: 6/25-7/19	members: \$99		non-members @ \$119
SESSION 2: 7/23-8/16	members: \$99		non-members @ \$119

HIGH SCHOOL 4 days/week (2 4-week sessions + 1 2-week session) *Bundle and Save - Ask about our package offerings!

SESSION 1: 6/25-7/19	members: \$239		non-members @ \$299
SESSION 2: 7/23-8/16	members: \$239		non-members @ \$299
SESSION 3: 8/20-9/2	members: \$119		non-members @ \$149

**Focuses on speed, agility + power!*

Sign up with **Jessica** in Program Registration:

programs@macathletics.com
Or call 978-526-8900 x257

MAC | MANCHESTER ATHLETIC CLUB

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