

**Session Days & Times:**

**Monday/Wednesday**

**or**

**Tuesday/Thursday**

**3:30, 5:00, or 6:30pm start times**

**What to Bring:**

* Workout Attire (including training shoes)
* Water Bottle and Towel

**Dates:**

* TBD

**Where:**

* Northwest, Bethesda, North Frederick

**Cost:**

* $180/60min or $250/90min for the entire team (up to 16 athletes)

**Registration:**

*All athletes must complete the attached waiver form and bring it with them to the first session.*

For more information contact

EP Director, Kevin Boyle at kboyle@sportandhealth.com.

Your Explosive Performance trainer will develop a custom program to fit the needs of both coach and athletes, all on your team's schedule. We've trained dozens of state champion teams across several sports, as well as the 2012 gold-medal-winning US Women's Soccer Team.

***TEAM TRAINING – 1 Team, 1 Trainer, 1 Goal***

***BETTER TRAINING, BETTER ATHLETES***

# TRAINING FOCUS:

**• Strength • Injury Prehab  
• Speed • Power  
• Agility • Conditioning  
• Core Strength • Confidence**