



ATHLETES IN ACTION

ATHLETES IN ACTION is a 6-week off-season functional strength and conditioning program designed to improve individual athletic ability. This program utilizes various training methods, that include: land-based training, water-based training, plyometrics, and yoga.

EXPECTED BENEFITS

SPEED

STRENGTH

AGILITY

FLEXIBILITY

QUICKNESS

CORE STRENGTH

EXPLOSIVE POWER

CONDITIONING

INJURY PREVENTION

PROGRAM DETAILS

LOCATION: BREWSTER ACADEMY

DATES: JULY 8-AUGUST 16

TIME: Mon & Fri 8-9:30AM (Smith Center)

Wed: 8:30-9:30 AM (Yoga, Pinckney Boathouse)

COST: \$400/ATHLETE

To participate please complete by July 2, 2013

ATHLETE WAIVER

BREWSTER WAIVER

Check payable to ASPT

Mail To: ASPT
C/O ATHLETES IN ACTION
PO BOX 448
Wolfeboro Falls, NH 03896

FOR MORE QUESTIONS CONTACT

JOSH LEE:

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The only one stopping you from doing the things you want to do is you