

SPRING 2012 ATHLETE REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

D.O.B _____ PARENT D.O.B _____

SCHOOL _____ GRADUATION YEAR _____

SPORT(S) _____

HOME PHONE _____

SECONDARY PHONE _____

E-MAIL _____

CLUB TEAM _____

SHIRT SIZE: S M L XL

Program: _____

_____ x/week Days: _____ Time: _____

Program Cost: \$ _____ Discount (if available): \$ _____

TOTAL COST: \$ _____

Credit Card Type: _____

Credit Card #: _____

Exp. Date: _____

Cash: _____ Check #: _____

Date: _____

Please complete this form and return to:

Joe Colotti, Plex-Performance Director
NH Sportsplex, 68 Technology Drive, Bedford, NH 03110

PROGRAM SCHEDULE

Speed & Conditioning (1hr)

2x/week (20 sessions) \$280 Please select 2 days below
4-5pm on: Mon Tues Wed Thurs Fri

3x/week (30 sessions) \$360 Please select 3 days below
4-5pm on: Mon Tues Wed Thurs Fri

4x/week (40 sessions) \$400 Please select 3 days below
4-5pm on: Mon Tues Wed Thurs Fri

Total Strength Program (1hr)

Please select program below

2x/week (20 sessions) \$280
Mon/Wed: 5-6pm 6-7pm
Tues/Thurs: 5-6pm 6-7pm
Wed/Fri: 5-6pm 6-7pm

3x/week (30 sessions) \$360
Mon/Wed/Fri: 5-6pm 6-7pm

4x/week (40 sessions) \$400
Mon/Tues/Thurs/Fri: 5-6pm 6-7pm

Sports Performance Program (2hr)

Please select program below

**Includes both Speed & Conditioning and Total Strength Programs back-to-back.*

2x/week (40 sessions) \$480
Mon/Wed: 4-6pm
Tue/Thurs: 4-6pm

3x/week (60 sessions) \$720
Mon/Wed/Fri: 4-6pm

4x/week (80 sessions) \$800
Mon/Tue/Thurs/Fri: 4-6pm

Youth Athlete Development (Ages 9-13) & Youth-Fit (Ages 6-9)

2x/week (20 sessions) \$280
4-5pm on: Mon/Wed Tues/Thurs Wed/Fri

3x/week (40 sessions) \$400
4-5pm on: Mon/Wed/Fri

FOR MORE INFORMATION, CONTACT:

Joe Colotti, Plex-Performance Director
NH Sportsplex, 68 Technology Drive, Bedford, NH 03110

JColotti@nhsportsplex.com
Phone: (603) 624-9300, Ext. 204

PLEX performance
TRAIN.PRACTICE.COMPETE

WHAT ARE YOU TRAINING FOR?



ATHLETE TRAINING PROGRAMS



SPRING 2012
January 23rd to April 6th (10 WEEKS)
ATHLETE TRAINING PROGRAMS
SAFER. FASTER. STRONGER

Speed & Conditioning

Athletes play sports because they like being on the playing surface competing. Our 1-hour speed and conditioning program will make you faster, quicker, and more explosive through progressive running mechanic drills and agility training to keep you doing what you do best, longer.

Total Strength Program

Developing total body strength is imperative to increasing athletic performance during any phase of your season. This 1-hour total body strength program will keep you strong, powerful and outlasting your opponents. Exercises will include foundational Olympic movements, multi-joint functional training, and corrective core exercises.

Sports Performance Program (2-Hour Inclusive Program of Both Speed/ Conditioning and Total Strength Programs)

In this 2-hour performance program, our strength coaches will take your training to the next level through progressive running mechanic drills, speed & agility, conditioning drills to keep you playing longer and stronger, and a total body strength training program focusing on functional athletic based movements.

Youth Athlete Development (Ages 9-13) & Youth-Fit Program (Ages 6-9)

Our youth athlete training programs will teach reinforcement of the natural motor-skill development, flexibility and raw strength that kids are missing today. Let our strength coaches get your young athlete the training to stay injury free and excelling in their sport through improved running form and natural athleticism.

Performance Testing

The only way to identify your training goals and measure your improvement is to get tested on where you currently stand. This test acts as a benchmark for all of your future testing results. All of our athletes will receive a pre and post athletic assessment. For advanced athletes, we encourage our Performance Assessment which will include body composition analysis, VO2max, and a functional movement screen for \$99.

"...I have seen clear in-game improvements with endurance...and they touch on all aspects of athletic performance for each individual."

- Joey Maher, Pitcher
2011 NY Yankees Draft Pick

"...I am much quicker laterally and more explosive on the field during lacrosse."

- Tom Auger, Lacrosse
Pinkerton Academy/Tomahawks Lax
2011 High School All American

"...The staff focuses on each athlete's specific needs. I am much faster and explosive, I can't wait to put my new abilities on the field this season.."

- Pete Field, Lacrosse
Pinkerton Academy/Tomahawks Lax
2011 High School All-State Selection

"I just wanted to thank Plex Performance for all of your help training. I passed all of our baseball performance tests; I ran 4.47" in the 20 yard shuttle (one of six under 4.5). I also got a 6:46 mile run and a 7.2" 60 yard sprint. Thanks again to you guys at Plex-Performance, I know I couldn't have done it without you!"

- Josh Angrick, Div. I Pitcher, Niagra University