



TEAM TRAINING PROGRAMS

TEAMS OF 8+

- **45MIN-HOUR SESSION**
- **OFFERED MONDAY-THURSDAY NIGHTS**
- **5:30PM, 6:45PM, 8PM**
- **PHYSICAL AWARENESS**
- **PLYOMETRICS (EXPLOSIVE POWER)**
- **FOOT SPEED (ACCELERATION)**
- **CORE STABILIZATION**
- **INJURY PREVENTION STRETCHING**
- **WEIGHT TRAINING WITH A FOCUS ON LOWER BACK, CORE, AND LEGS TO GAIN THE MUSCLE NEEDED TO INCREASE POWER AND TO ASSIST WITH INJURY PREVENTION. (AGES 12+ ONLY FOR WEIGHTS)**
- **MINIMUM OF 8 ATHLETES**
- **\$8 PER SESSION/ATHLETE**
- **OR \$70 FOR A 10 PACK**



TRAINERS:

JOSH LEHR

LARRY CLEMENS

REGISTER ONLINE:

QUESTIONS: LARRY@ONICEPROMOTIONS.COM

THEFARMGYM.COM