

2010 Spring Sports

Pre-season Strength and Conditioning

Athletes need to be finely tuned machines! Come to St. Louis Athletic Training Services to get ready for your spring sports. We are offering a special for High School athletes. If you are not participating in a winter sport right now, now is the time to start getting ready for spring. Reduce your chance of injury, with our 6 week course. 18 Sessions of Group Training for \$100!!!! Plus a free t-shirt!!!!

Camp is 6 weeks of intense training, using weights, weighted balls, exercise balls, exercise bands and plyometric techniques to increase athletic performance and decrease chance of injury. Will be conducted after school.



Mondays, Wednesdays, Fridays

Jan. 18 through Feb 26th

3:30 PM to 4:45 PM

Athletic Rehabilitation and Performance Center

Hardee's Ice Plex

Chesterfield, MO

Athletes should be ready to make a commitment to the full 6 weeks and be on time every day for training. Athletes should come prepared with a water bottle and sweat towel every day. Training will be intense, water will be provided.

ATHLETE NAME: _____

AGE: _____ **PHONE NUMBER:** _____ **EMAIL:** _____

PARENT/GUARDIAN NAME: _____

EMERGENCY CONTACT NUMBER: _____

KNOWN MEDICAL CONDITIONS: _____

Send completed form with payment of \$100 to St. Louis Athletic Training Services, LLC, 16851 N. Outer Forty Drive, Chesterfield, MO 63005