



## 2023 Spring Athletic Development Program

---

*Whether you are in-season, out of season, or transitioning between seasons, the foundation of your development as an athlete is your **CONSISTENCY.***

### Program Description:

- New athletes will receive an initial assessment to determine present level of athletic performance
- Athletes are provided with a FREE Teambuildr account to access their prescribed training program based upon their present level of performance and training age
- Athletes complete their training in a semi-private format
- Athletes sign-up for sessions within the hours of Strength and Conditioning Coach using Complete Game of PA app
  - Sessions will be 45-60 minutes in length

### Program Details:

- \*Program includes training 2x/week over the course of 14 calendar weeks
  - Program begins the week of March 5th and will run through the week of June 4th
- \*\*Daily availability may vary week to week:
  - Select weekday hours will be 5:30pm-7:00pm
  - Select Saturday hours will be 12:00pm-2:00pm
- Any potential schedule changes will be communicated via email
- Training facility will be closed the week of March 12th

### Program Pricing:

- Payment is ONLY available in-person at the Complete Game of PA facility
- Two payment options are available:
  1. Payment in Full: \$300 (20% savings!)
  2. \*\*\*Payment Plan: Three payments of \$125
- 15% Discount for Complete Game team members
- 15% Sibling Discount

\*Extensions will not be available for this program

\*\*See full schedule in the Complete Game of PA app

\*\*\*Payments will be run on 3/6, 4/6, 5/6

Vincent Terry, Strength and Conditioning Coach



vince@completegameofpa.com



@premier\_\_strength