

SUMMER

ATHLETE TRAINING & CONDITIONING

Session 1: June 3rd - June 26th (4 weeks)

Session 2: July 8 - August 14 (6 weeks)

Mondays & Wednesdays 3:00 - 4:00 pm

Ages 14 - 18

Raise your game and take your training to the next level. Our Athlete Training and Conditioning Program will provide individualized instruction based on personal goals and sport-specific demands. Through functional movement training, we help athletes of all levels shore up weaknesses, decrease injury risk, and increase strength and power.

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|--------------------------------|------------|-------|
| Fees: Session 1 (4 wks) | Member | \$120 |
| | Non Member | \$184 |
| Session 2 (6 wks) | Member | \$180 |
| | Non Member | \$276 |



Instructed by Lindsay Maroney Cedardale Personal Trainer and Philips Andover Strength & Conditioning Coach. Lindsay can be reached for questions at lmарoney@cedardale-health.net

Elite Athlete Training Program - Ages 14 - 18

*Please return completed application with full payment. Make checks payable to: Cedardale Health & Fitness
931 Boston, MA 01835
c/o Kelli Mokeler*

Participants Name _____ D.O.B _____ Grade _____ Sport(s) _____

Parents' Names _____ Email _____

Address _____ City/State/Zip _____

Parent 1 Work /Cell # _____ Parent 2 Work/Cell # _____

Check Sessions Attending: ☐ Session #1: June 3 - June 26 (4wks) ☐ Session #2: July 8- Aug 14 (6wks)

Parent's Signature: _____

Amount Enclosed \$ _____