L.I.F.Training Athletic & Fitness Club: Summer Programs

Strength Training Program — June – August: 13-18 year olds

The appropriate strength training program will improve your performance, regardless of what type of sport you participate in. Each athlete will start with a professional Functional Movement Screen. A program will be designed to enable you to improve your movements. With a program developed exclusively for you combined with your dedication, you will notice results.

Option A: Functional Movement Screen, Custom Strength Program & Access to L.I.F.T.
Option B: Functional Movement Screen, Custom Strength Program

Speed School — June 16th – August 7th: 13-18 year olds

Speed is the most treasured of all the athletic qualities. Our Speed School seeks to improve all aspects of speed through a systematic approach for all sports: first step quickness, acceleration and deceleration, change of direction, power, agility and running mechanics. Our Speed School is about learning how to apply speed to your game, design speed workouts and integrate strength development with speed development. Location: Onsite at L.I.F.Training Athletic & Fitness Club

Option A: 6:30-7:30amMW **Option B:** 6:30-7:30pmMW **Option C:** 4:30-5:30pmTR

Kick Start School — June 16th – August 7th: 10-12 year olds

The focus of Kick-Start is to build on a foundation of movement skills, motor coordination, movement patterns, body weight strength training, core strength, proper posture as well as increase the participants self esteem. Location: Onsite at L.I.F.Training Athletic & Fitness Club

Option A: 5:30 – 6:15pmMW **Option B:** 7 – 7:45amTR

Soccer Skills — June 17h – August 7th: 11- 18 year olds

All skill levels welcome. Soccer players will work on all components regarding their technical ability: first touch, dribbling, shooting, passing and receiving. Location: Onsite at L.I.F.Training Athletic & Fitness Club

Option A: 5:30 – 6:30pmTR 11-13 yrs **Option B:** 6:30-7:30pmTR 14-18yrs

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Name: ________________________________ **Parent/Guardian Name:** ____________________

Emergency Contact: ______________________ **Telephone:** ___________________________

Address: ____

Email: ____

□ Strength Training Option A $135 **Amount Enclosed: $** __________

□ Strength Training Option B $95

□ Kick Start School Option A	□ 8 Sessions $75	□ 16 Sessions $125	
□ Kick Start School Option B	□ 8 Sessions $75	□ 16 Sessions $125	
□ Soccer Skills Option A	□ 8 Sessions $120	□ 16 Sessions $175	
□ Soccer Skills Option B	□ 8 Sessions $120	□ 16 Sessions $175	
□ Speed School Option A	□ 8 Sessions $120	□ 16 Sessions $175	□ 24 Sessions $210
□ Speed School Option B	□ 8 Sessions $120	□ 16 Sessions $175	□ 24 Sessions $210
□ Speed School Option C	□ 8 Sessions $120	□ 16 Sessions $175	□ 24 Sessions $210

Complete form and mail with payment to: L.I.F.Training Athletic & Fitness Club 8233 Forsythia Street, Unit 109, Middleton, WI 53562 Questions? Call Craig: 608.203.6550 or craig@liftraining.com

****L.I.F.T. reserves the right to cancel (with full refund) if minimum enrollment is NOT met****