



# Spring 56er Performance

- **Dates/Day/Time/Location:**

- *All sessions AT West Towne Fields (Starbucks Side)*

- U13 and OLDER Boys & Girls: 5:30pm to 6:30pm Mondays - April 17, 24 & May 1, 8, 15, 22

- U10 -12 Girls: 6:30pm to 7:30pm Mondays - April 17, 24 & May 1, 8, 15, 22

- U10-12 Boys: 5:30pm to 6:30pm Wednesdays - April 19, 26 & May 3,10, 17, 24

- **Cost:** \$125

**\*\*If weather problems** we would communicate via email and/or text the location change of the training sessions at or before 2pm on the day of training.

- **Questions:** LIFTraining, [608.279.2761](tel:608.279.2761). [craigw.lift@gmail.com](mailto:craigw.lift@gmail.com),

- **SIGN UP:** Sign up at our secure online store at <https://squareup.com/market/liftraining-llc> also find the link from our webpage: [www.liftraining.com](http://www.liftraining.com). **Or fill out sheet and mail to address below.**

## **FOCUS AREAS FOR SPRING PERFORMANCE SESSIONS:**

We at LIFTraining have devoted our time to helping athletes accomplish their athletic goals in the the Madison Area for over 15 years. The goal of the spring performance sessions is to implement a training program (which we have developed over the years) while working with athletes to **reduce their chances of getting injured** and **improve their overall athletic performance**. **ALL** Sessions will focus on improving speed, quickness in a 40 foot range any direction, core strength, agility, footwork, balance and range of motion with dynamic drill and game exercises.

*LIFTraining, LLC reserves the right to cancel (with full refund) if minimum enrollment is NOT met. Also, understand that there will be no refund or make up day(s) for unattended sessions. Consistent Training contributes to success.*

**Please Print Clearly. Checks Payable to: L.I.F.Training, LLC**

Athlete Name \_\_\_\_\_ Parent/GuardianName \_\_\_\_\_ Phone \_\_\_\_\_

Address (Street, City, Zip) \_\_\_\_\_

Email \_\_\_\_\_ Circle Session : U10-12 Girls    U10-12 Boys    U13 and Up

**L.I.F.Training, LLC**

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