

Train at our
NEW Facility
in Huntington
Beach!



2007

YOUTH (ages 8-13) **PERFORMANCE PROGRAM**

MECHANICS

AGILITY

PLYOMETRICS

SPEED

FLEXIBILITY

SUMMER PROGRAM INFO

When: JUNE 25th- AUGUST 24th

Days: Monday-Friday

Times: 2:30pm or 5:00pm

***10 Training slots to pick from each week!**

Cost: 6 Sessions (\$120)

12 Sessions (\$180)

18 Sessions (\$220)

***Choose the package that fits best for your summer schedule!**

***All Training Programs take place at our new indoor/outdoor facility in Huntington Beach!**

program description

The Youth Performance program is designed to provide athletes of all sports with the knowledge necessary to maximize their performance on the field. Our certified staff will educate the athletes in all aspects of performance training.

The various areas of emphasis will be: Strength, Speed, Agility, Flexibility, Plyometrics, Core Training, Balance and Nutrition. We guarantee athletes of all sports will receive the attention to detail that will significantly change their athletic performance.

program features

***State-of-the-Art 2,400 Sq. Ft. Indoor Training Center * 10 Acres of Athletic Training Fields. * Sand Pit for Agility & Plyometric training. * Cardio Equipment * Vertimax Resisted Jump Trainer *And Much More!!!**

who should attend

The program is for Boys and Girls who are between the ages of (8-13yr). Athletes will train in groups based on age/ability level for maximum results.

what to bring

Shorts, T-Shirt, athletic shoes, water bottle and an enthusiastic attitude!

Call (949) 292-8373 for Program Questions

or

Visit our Website at www.AthletesByDesign.com



Training Champions Every Day!

Phone: 949-292-8373

www.athletesbydesign.com

info@athletesbydesign.com

Youth Performance Program

Athlete Info:

First Name: _____ Last Name: _____ DOB: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Parent Name: _____ Email: _____

Select Program Package:

___ (8) Sessions \$160
___ (12) Sessions \$180
___ (16) Sessions \$220

***All training sessions expire at the end of each seasons program!**

Payment Options:

Pay By (please circle): Cash Check Credit Card: Visa Mastercard Discover American Express

Amount Paid: _____

Card Number: _____ Expiration Date: _____

Name on Card: _____

Address for Card: _____

Signature: _____

Make check payable to: Athletes By Design

If paying by check send to Athletes By Design, 4533 McArthur Blvd., #570, Newport Beach, CA 92660.

Payment or Training Questions can be directed to Jim Romero at 949-292-8373 or by email at

romero@athletesbydesign.com



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Liability Waiver:

MUST BE SIGNED BEFORE ATHLETE CAN PARTICIPATE IN PROGRAM.

In consideration for my registration into the Athletes By Design Training program, I hereby indemnify and hold harmless the Huntington Beach Unified School District, Brethren Christian High School, Athletes By Design and any of its officers, agents, or employees from any liability from all claims or action for any injuries sustained, or loses resulting from any form of participation in any one of the Athletes By Design Training Programs by the registered person or the person's family.

I recognize that athletic training can expose my son/daughter to medical risks not associated with their current activity level and thus hereby state that my son/daughter is physically fit to participate in the Athletes By Design Training Programs.

I as a parent or guardian of a minor, do accept the terms of this waiver for their participation.

Athletes Name: _____

Parent's Name: _____

Parent's Signature: _____

Date: _____