

LOCATION: LOVELAND HIGH SCHOOL (MONDAYS & WEDNESDAYS)**SPEED – STRENGTH – AGILITY**

Getting a jump-start on your fitness is key for competition; join us for our annual summer training sessions; great facilities, great staff, and great weather.

We will begin our training on June 11th and commence on July 19. Sessions will last for 2 hours focusing on the mechanics of sport, movement first step reaction, agility strength development and FUN! Designed to maximize the athletic potential and ability of every participating athlete.

Developmentally appropriate specialized training program emphasized for athlete development, strength, conditioning, speed development, power, quickness, cadence, muscular durability, mental strength, improved confidence.

Designed for ALL sports, including but not limited to:
Football, Volleyball, Basketball, Tennis, Track & Field, Field Hockey, Ice Hockey, Golf, Lacrosse, Gymnastics, Cross Country, Soccer, Softball, Wrestling, Baseball, Swimming, Cheer/Spirit

- 🏃 Sessions designed with specific purpose and expected outcomes
- 🏃 Multiple-joint explosive power
- 🏃 Auxiliary lifting that are sport specific for each athlete
- 🏃 An investment in your fitness and the success you hope to continue building as an athlete
- 🏃 Costs cover field use & staffing & insurance

SUMMER TRAINING DATES:

\$150 TOTAL COST

CHECKS MADE TO: BRAD FRANKLIN

ADDITIONAL COST:

USATF MEMBERSHIP \$20

TEAM UNIFORM \$25

ENTRIES FEES \$10 PER EVENT

TRAVEL FOR OUT OF STATE MEETS

CONTACT: Brad Franklin @ 970-342-3181

or realtrainingnorth@gmail.com

WHO: 5th – 12th grade

7 weeks of sessions:

JUNE: 6 SESSIONS 5:30 AM-7:30PM

11TH, 13TH, 18TH, 20TH, 25TH, 27TH,

JULY: 7 SESSIONS 5:30AM-7:30PM

2ND, 9TH, 11TH, 16TH, 18TH, 23rd, 25TH

NO SESSION ON JULY 4TH

Registration is easy: Fill out the form on the back and email to realtrainingnorth@gmail.com OR bring to the first session.

Please bring payment to first session.

REAL TRAINING

REAL TRAINING NORTH REGISTRATION

NAME: _____

AGE: _____

GRADE: _____

EMERGENCY CONTACT

NAME: _____

RELATIONSHIP: _____

PHONE: _____

EMAIL: _____