



8 - WEEK INTRODUCTORY TRAINING PROGRAM

Crystal Lake Bombers Athletic Training

Dates: SESSION 1: 10/22/19-12/14/19 (8 weeks); SESSION 2: (1/7/20-3/7/20)

Program Breakdown	Session 1 Dates: 13 & Under:	Session 1 Dates: 14+ :
8 Large-group weekday MetCon training sessions at Focus Fitness	Tuesdays: 10/22-12/10	Thursdays: 10/24-12/12
8 Large-group weekend MetCon training sessions at Focus Fitness	Saturdays: 10/26-12/14	Saturdays: 10/26-12/14
Total: \$160/session \$300/both		

INTRODUCTORY TRAINING COMPONENTS:

LARGE GROUP METABOLIC CONDITIONING (MetCon) SESSIONS

60-minute sessions dedicated to training athletes in a way that optimizes performance in their specific sport and maximizes lean mass and endurance without sacrifice to movement efficiency.

- **Ages 13 and under:** Tuesdays 6-7 pm; Saturdays 4-5 pm
- **Ages 14 and older:** Thursdays 6-7 pm; Saturdays 5-6 pm

PROGRESS MONITORING VIA THE FOCUS FITNESS APP

All athletes that sign-up for Focused Athletics will receive an account with Focus Fitness that will allow them to communicate with their Focused Athletic coaches, monitor their progress, view their schedule, and book any additional appointments from any app-compatible device.

For a preview of what Focused Athletics has to offer, visit our **Focus Fitness** Facebook page for videos of our current Focused athletes! For more information regarding the full Focused Athletics Training program, see the additional training options below.

Thank you for your interest. Please direct any and all questions to the Focused Athletics Coordinator, Shannon Bruess. We look forward to working with you!

Sincerely,
Shannon Bruess
Coordinator
Focused Athletics
shannon@focusma.com

ADDITIONAL TRAINING OPTIONS:

FUNCTIONAL MOVEMENT SCREENING (FMS) (\$55)

Movement efficiency assessment to determine weaknesses in foundational movement patterns. Provides framework for movement re-patterning to enhance athlete's performance and greatly lower risk of injury.

MOVEMENT PRESCRIPTION (\$90)

Athlete's training program is individualized to re-pattern dangerous movement inefficiencies as well as optimize their performance.

SEMI-PRIVATE MOVEMENT SESSIONS (\$15/athlete with groups of 4+)

30-minute sessions dedicated to corrective exercises and movement re-patterning. These sessions are done in small groups of athletes with similar FMS scores. (Groups will be assigned based on FMS scores)

ONE-ON-ONE MOVEMENT SESSIONS: 30-MINUTE (\$35/session)

Athlete spends 30-minutes working one-on-one with a movement coach to re-pattern movement and improve performance abilities on an individual level.

ONE-ON-ONE MOVEMENT SESSIONS: 60-MINUTE (\$65/session)

Athlete spends an hour working one-on-one with a movement coach to re-pattern movement and improve performance abilities on an individual level.

ONE-ON-ONE METCON SESSIONS: 30-MINUTE (\$35/session)

Athlete spends 30-minutes working one-on-one with a coach loading their improved movement patterns through a metabolic conditioning interval training format designed specifically for their body.

SPORTS NUTRITION (*Included with any additional one-on-one training purchased*)

Coaches work with athletes on nutritional habits to set them up for optimal success in their sport. Athletes will learn to properly fuel for their practices/games/training as well as how to re-fuel after such events.

