

AGES 6 AND UP
FOR ALL SPORTS AND ABILITY LEVELS

elite FT winter programs

strength & speed

REGISTER ONLINE AT www.eliteft.com

Space is limited. Registration closes one week prior to camp.
Register online or mail registration sheet.

STRENGTH AND SPEED (S & S)

Sundays at Metro Sports in Alton

6:00-6:55pm - ages 6 to 11
7:00-7:55pm - ages 12 and up

Tuesdays at The Sports Academy in Glen Carbon

5:30-6:25pm - ages 6 to 11
6:30-7:25pm - ages 12 and up

Thursdays at The Sports Academy in Glen Carbon

4:30-5:25pm - ages 12 and up
5:30-6:25pm - ages 6 to 11

Fridays at Vetta in O'Fallon

4:30-5:25pm - ages 12 and up
5:30-6:25pm - ages 6 to 11

DATES

Winter 1 - Week of Nov 27; Dec 4, 11; Jan 1, 8, 15

Winter 2 - Week of Jan 22, 29; Feb 5, 12, 19, 26

Essential S & S - ages 6 to 11

- Proper running mechanics
- Technique of strength exercises
- Foot speed
- Agility
- First step
- Conditioning

Elite S & S - ages 12 and up

- Increase CORE strength
- Increase speed
- Improve agility
- Develop conditioning
- Plyometrics
- Strength training technique



6 Week Training Program

ONE HOUR SESSIONS

Cost: \$85 for 1 session per week

Daily Cost: \$17/day

STAFF

Our Elite Trainers teach from experience, using the exercises that helped them achieve athletic success. The staff includes current and former professional, college, club and high school athletes, several of which are now coaches. Elite Trainers are required to attend Elite FT's education program, titled The Elite Way! This program educates the staff on how the company operates, both on and off the field, while fostering a belief in our philosophy, standards and expectations for each one of the Elite Trainers.

Discounts ONLY ONE MAY APPLY

- 20% off groups of 6 +
- 20% off attending 3 camps +
- 10% off attending 2 camps
- 10% off siblings

Athlete's Name: _____

Age: _____ Parent's Name: _____

Mailing Address: _____

Phone: _____ E-Mail (required): _____

CIRCLE SHIRT SIZE: YS YM YL S M L XL XXL

On behalf of myself and my child, I certify that my child is in normal health and capable of participation in this program. I further understand that participation in this program involves risk and possible injury and represent to 'Elite FT' that my child has medical health insurance to cover any injuries sustained as result of participation in this program. It is agreed that 'Elite FT' directors and or staff assume no liability for injuries sustained as a result of participation in this program. I authorize the 'Elite FT' staff to secure emergency medical treatment should my child require it.

Signature: _____

Circle One: WINTER 1 WINTER 2

Location:

Time:

Confident. Disciplined. Elite.



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