

ATHLETIC  **REPUBLIC**

East Valley Juniors

🌟 **In Season Training Program (1 day/week)**

- 🌟 Pre Training Performance Assessment
- 🌟 (1) Plyometrics/Movement Skills/Balance session
 - 🌟 60 minutes
 - 🌟 Plyometrics/Super Treadmill/PlyoPress/MultiHip
- 🌟 Post Training Performance Assessment
- 🌟 Cost
 - 🌟 22 weeks of training
 - 🌟 22 training sessions
 - 🌟 1 training sessions/week
 - 🌟 \$299

🌟 **East Valley Juniors and AR will be holding Open House**

- 🌟 **Saturday, November 14th, 1:00 pm**

- 🌟 **Note:** All training session protocol, duration, intensity, and purpose will be fully customized to the individual athlete's age, gender, ability, and sport. All training sessions include a 15 minute active dynamic warm up completed before the 60 minute session to enhance flexibility, coordination and prepare the athlete for the training session.