



Semester Packages

In-season/Off-season Sport-Specific Training

Use your athletic periods for skill development and let us handle the strength and conditioning to develop:

SPEED - STRENGTH - AGILITY

Your team will receive:

- Expert training from our collegiate and pro strength staff
- Weekly scheduled team workouts (You determine frequency/times)
- Programs based on your philosophy and team needs
- Scheduling of workouts before, during and/or after school
- Pre- and Post- testing (NIKE Combine / B.A.M. rating)
- Parental follow-up (as directed by Coach)
- Weekly progress report on team training
- Booster Club affiliation and sponsoring (BLAST Athletics)
 - Recruiting showcase page for every athlete
 - Team website/app
 - Fundraiser to assist in offsetting cost of semester packages
 - Sports specific Combine: Athletic evaluation
- 1 **FREE** team practice at our indoor sports complex
(Great for those “Bad weather” days! – Use either semester!)
- School sponsored or individual payments (Low as \$1.25/athlete!)
 - 10-20 Athletes = \$200/athlete/semester
 - 21+ Athletes = \$100/athlete/semester

Also available : Rehabilitation, Chiropractic, Nutritional Guidance and Weight Management