



Unlevel the playing field.

## Summer Team Training Options

### 1. SELECT # of Players

<input type="checkbox"/>	1 – 6 Athletes	\$30 Per Athlete Per Session
<input type="checkbox"/>	7 – 12 Athletes	\$25 Per Athlete Per Session
<input type="checkbox"/>	13 – 20 Athletes	\$20 Per Athlete Per Session

### 2. SELECT Training Options

<input type="checkbox"/>	Option 1	Monday & Wednesday	2 Days per Week
<input type="checkbox"/>	Option 2	Tuesday & Thursday	2 Days per Week
<input type="checkbox"/>	Option 3	Monday, Wednesday, Friday	3 Days per Week
<input type="checkbox"/>	Option 4	Tuesday, Thursday, Friday	3 Days per Week

### 3. SELECT Timeslot

<input type="checkbox"/>	Option 1	8 am – 9:30 am
<input type="checkbox"/>	Option 2	10 am – 11:30 am
<input type="checkbox"/>	Option 3	12 pm – 1:30 pm
<input type="checkbox"/>	Option 4	2 pm – 3:30 pm
<input type="checkbox"/>	Option 5	4 pm – 5:30 pm
<input type="checkbox"/>	Option 6	6 pm – 7:30 pm (except Fridays)

### 4. SUBMIT Athlete Information

- Name, Address, Phone, Email, Age, Position

### 5. SUBMIT \$50 deposit per Athlete

**301-262-7781**

[info@athleticrepublicannapolis.com](mailto:info@athleticrepublicannapolis.com)



Unlevel the playing field.

**OTHER OFFERS:**

- **FREE Team Training Session**
  - 15 Minute Dynamic Warm-up – Agilities
  - 20 Minute Super Treadmill station
  - 20 Minute Plyometric Station
  - 5 Minute Static Cool down – Stretching/Core/Flexibility
- **Onsite Speed, Agility, & Quickness Training**
  - Per Hour or Per Athlete rates

**SUMMER SESSION TRAINING DATES**

Week	OPTION 1		OPTION 2	
1	M - June 28	W - June 30	T - June 29	Th - July 1
2	M - July 5	W - July 7	T - July 6	Th - July 8
3	M - July 12	W - July 14	T - July 13	Th - July 15
4	M - July 19	W - July 21	T - July 20	Th - July 22
5	M - July 26	W - July 28	T - July 27	Th - July 29

Week	OPTION 3			OPTION 4		
1	M - June 28	W - June 30	F - July 2	T - June 29	Th - July 1	F - July 2
2	M - July 5	W - July 7	F - July 9	T - July 6	Th - July 8	F - July 9
3	M - July 12	W - July 14	F - July 16	T - July 13	Th - July 15	F - July 16
4	M - July 19	W - July 21	F - July 23	T - July 20	Th - July 22	F - July 23
5	M - July 26	W - July 28	F - July 30	T - July 27	Th - July 29	F - July 30

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