



In-Season Team Training Program

Most athletes are reluctant to train in-season, because they think it will only make them sore, tired, and unable to perform at an optimum level. What most athletes don't know is that training in-season can help them recover faster while maintaining the strength, speed, and power they worked hard for in the off-season! Compliment your in-season practice schedule with our proven training programs.

Training In-Season with Athletic Republic helps players AVOID:

- ★ A significant loss of upper body (Avg. 19.3%) and lower body strength (Avg. 28.1%)
- ★ Decrease in flexibility
- ★ Decrease in acceleration and speed
- ★ Decrease in power and agility
- ★ Improper form and technique

What You Receive with our In-Season Program:

- ★ Dynamic warm-up exercises and techniques
- ★ Sessions on our Generation II Super Treadmill
- ★ Plyometric programs to maintain your power and efficiency
- ★ Resistance training to maintain your strength and muscular endurance
- ★ Injury prevention and faster recovery
- ★ Sport Specific Conditioning
- ★ All programs will be supervised by Certified Sports Performance Trainers

Time slots begin at 3pm daily and run every hour through 8pm.

Cost: \$15 per athlete – Training Only Sessions

\$20 per athlete – 1 Hour Turf Time & Training Sessions

Additionally, (space permitting) our 11'x30' turf field can be rented for 65.00 /hr. Call us for details.

Call for more information - (301) 262-7781

email: info@athleticrepublicannapolis.com

Visit our web site at: www.athleticrepublicannapolis.com to find out more about us and schedule your workout.

The first step to the next level!