

!!!REGIONAL SPORTS CENTER IN CRYSTAL LAKE IS NOW OFFERING!!!

SPLIT SECOND SPEED CAMP

SPEED

Take your game to the next level by elevating your off-season training program at Split Second Speed Camp!!!

POWER

AGILITY

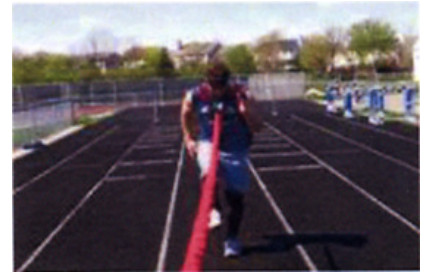
Split Second Speed trains athletes and teams to achieve their full potential by providing a program that is customized for each member. Split Second Speed is a membership based performance program.

PLYOMETRICS



ATHLETES CAN EXPECT TO:
IMPROVE QUICK BURSTS OF ACCELERATION
IMPROVE "MAXIMUM VELOCITY" TOP SPEED
IMPROVE EXPLOSIVE POWER-LATERAL,
CHANGE OF DIRECTION, VERTICAL JUMP
GREATER STRENGTH AND STRENGTH
ENDURANCE
BECOME A BETTER ATHLETE

OVERSPEED TRAINING



SIGN UP NOW FOR SESSION 2!!!

MEMBERSHIP PLANS

(6 WEEK CAMP)

(2 DAY/WEEK SESSIONS)

MONDAY/WEDNESDAY SESSIONS

GROUP A: AGES 9-14/10:00AM-11:05PM
GROUP B: AGES 14-17/11:15PM-12:20PM
GROUP C: AGES 9-11/ 6:00PM-7:05PM
GROUP D: AGES 12-16/7:15PM-8:20PM
GROUP E: AGES 17&UP/8:30PM-9:35PM

**EXCEPTIONS CAN BE MADE IN ADVANCE IF PARTICIPANT IS UNABLE TO ATTEND SCHEDULED DAYS AND NEEDS TO SCHEDULE ONE THAT FITS.*

**ONE-ON-ONE PERSONAL TRAINING ALSO AVAILABLE ANYTIME UPON REQUEST. CONTACT TRAINER JOHNNY FERLITO @847-767-0849 TO SET UP SESSIONS!*

TUESDAY/THURSDAY SESSIONS

GROUP A: AGES 9-14/12:15PM-1:20PM
GROUP B: AGES 14-17/1:30PM-2:35PM
GROUP C: AGES 9-11/ 6:00PM-7:05PM
GROUP D: AGES 12-16/7:15PM-8:20PM
GROUP E: AGES 17&UP/8:30PM-9:35PM

COSTS

*COST FOR EACH INDIVIDUAL ATTENDING CAMP WILL BE \$220/SIX WEEK SESSION

DATES

*SESSION TWO WILL START ON JUNE 9th AND RUN THROUGH JULY 18th. THERE WILL BE SUCCEEDING SIX WEEK SESSIONS RUNNING CONTINUOUSLY THROUGHOUT THE SUMMER AND FALL!!

REGISTRATION

*REGISTER NOW FOR CAMP SESSION TWO AT **REGIONAL SPORTS CENTER** OR ONLINE AT **WWW.REGIONALSPORTSCENTER.COM**. FOR FURTHER INFORMATION CONTACT PAUL AT REGIONAL SPORTS CENTER @815-455-6634 OR JOHN @847-767-0849.