



SMALL GROUP TRAINING SERIES

SEPTEMBER: VERTIMAX TRAINING

This unique training, led by fitness trainer Jeff Small, is conducted with a group of four athletes at a time. The training offers a combination of on-platform and off-platform fundamentals required in most sports. It also uses the Vertimax Platform to offer high level conditioning for elite performance gains targeting the vertical jump, acceleration, top-end speed and sport-specific movement using band resistance and form training. This training is excellent for all athletes and also those recovering from injury.

- PARTICIPANTS:** Any sport athlete: boys and girls in grades 7th - 12th
- TRAINING DATES:** Wednesdays: September 5, September 12, September 19 and September 26
- TIME:** Grades 7th - 8th: 6 - 7 p.m.
Grades 9th - 12th: 7 - 8 p.m.
- LOCATION:** The Paragon: 1590 Albon Road Holland, Ohio 43528
- COST:** \$110 per player
- REGISTER:** Complete the paperwork below or pay online at glasscityathletics.com!
Registration closes Monday, September 3, 8 a.m.

This training is limited to the first 4 players per session. Register early! There will be no refunds issued.

For more information contact Dana Hooper:

 419-261-0067  dahooper@roadrunner.com  glasscityathletics.com  The Paragon, Suite 12
1590 Albon Rd Holland, OH 43528



SMALL GROUP - SEPTEMBER VERTIMAX 2018 - SIGN-UP FORM

Athlete's Name: _____ Date of Birth: _____

Athlete's Grade '18 - '19: _____ School: _____ Gender: _____

Address/City/State/ZIP: _____

Parent's Name (s): _____

Parent's Email: _____ Parent's Cell Phone: _____

Amount Enclosed (please make checks payable to Glass City Athletics): _____



Please mail form and payment to:
Glass City Athletics 1590 Albon Road Suite 12, Holland, Ohio 43528