

ANHS

&

COACH AYCOCK PRESENT



SPORTS PERFORMANCE TRAINING Summer Series

IMPROVE YOUR GAME

INCREASE YOUR STRENGTH

MOVE FASTER

JUMP HIGHER

RUN LONGER

REDUCE INJURIES

Coach Aycock: Has trained over 10,000 student athletes, which has included numerous Professional Athletes and Collegiate Athletes. His recent resume consists of top draft NFL players, ANHS Football & Basketball, & JSerra athletes. Coach Aycock's energy & knowledge provides a unique environment for athletes to excel!

Monday-Thursday: After completing an active/dynamic warm-up, athletes will work on improving various aspects of their athletic ability. Using a combination of drills that will focus on increasing strength, agility, energy systems, and vertical jump, athletes will optimize their performance in their sport, while reducing their chances for injury.

Friday Field Training: 90 Minutes on the football turf, focusing on speed, agility, and fitness. Testing will also be done during

First 30 athletes to sign up get a free T-Shirt

REGISTER

ONLINE @ www.wolverinestrength.com

SCHEDULE

June 22nd – August 28th

9th – 12th Grade

M/T/W/R 7am – 8:30am
8:30am – 10am
10am – 11:30am
*Friday Field Training 7am – 8:30am

5th – 8th Grade

M/T/W/R 8:30am – 10am
*Friday Field Training 7am – 8:30am

LOCATION:

ANHS Weight Room

COST

# of Sessions	Cost/Session	Total Cost
40*	\$10	\$400
20*	\$15	\$300
4	\$20	\$80
1	\$30	\$30

*Friday Field Training Complimentary

**All are 1 ½ Hour Training Session

***No Family Discounts