



Foundational Strength

Don't Be Left Behind!

IMPROVE NOW!

Are you looking for a complete athletic development training program?

One that will improve strength, power, endurance and reduce injuries?

Excelsior Sports Training can help.

Excelsior Sports Training provides an athletic development training program that is for YOU...The program focuses on individual weaknesses – helping to improve the athletes' needs. It is designed as a **preseason program** that will help to prepare the athlete to excel during the entire season.

YOU WILL DEVELOP AND IMPROVE:

Agility

Coordination

Flexibility

Core Strength

Functional Strength

Power

Speed

Start Date: Monday January 21, 2008 @ 6 pm

Frequency: 10 weeks/ 2 times per week

Days: Mondays 6-7:30 PM and Saturdays 10-11:30 am

Cost: \$260.00 per athlete

Let Excelsior Sports Training give you the tools to succeed!

Call Ron Brissette at 716 250 6500 or rbrissette@excelsiorortho.com

