



SPORT READY Female

Excelsior Sports Training is a division of *Excelsior Orthopaedics*. We utilize highly individualized and specialized programs that enable us to determine an athlete's weaknesses and turn them into strengths! The **Excelsior Sports Training** programs were developed using the Gambetta Method. gambetta.com

The SPORT READY Female program is designed to help women athletes improve and develop across the entire range of fundamental movement skills as a foundation for athletic development. The methods and movements are all selected to be appropriate to the developmental age of the athlete. The sessions are fast paced with many changes in activity during the training session to maintain the athlete's attention.

THE ATHLETE WILL IMPROVE:

Agility	Body Awareness
Balance	Strength
Flexibility	Speed
Core Strength	Power

This Sport Ready program lasts 8 weeks consisting of 2 (1 hour) sessions per week. Class size is limited to 12 athletes.

STARTING DATE:	Monday February 4, 2008 @ 3:45 pm
DAYS:	Monday and Wednesday 3:45 – 4:45pm
FREQUENCY:	8 weeks, 2 times per week.
COST:	\$240.00
CONTACT:	Ron Brissette at 250-6500 or email rbrissette@excelsiorortho.com

