



SPORT READY Male

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 Male program is designed to help male 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

Balance

Flexibility

Body Awareness

Movement Skills

Strength

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

STARTING DATE: Monday January 9 , 2008 @ 6:30 pm
DAYS: Monday 5:30 pm and Saturday 9:00 am
FREQUENCY: 8 weeks, 2 times per week.
COST: \$240.00
CONTACT: Ron Brissette at 250-6500 or email rbrissette@excelsiorortho.com

