



FALL-WINTER SESSIONS

Classes Begin September 7th!

YOUTH SESSION | AGES 8 - 10

Mon | Tues | Thurs from 6:00p - 7:00p & Sat from 9:00a - 10:00a

This 1 hour session will provide 20 minutes of active/dynamic warm-up, 20 minutes of athletic motor skill development (teaching of speed/agility), and 20 minutes of technique based resistance training

JUNIOR SESSION | AGES 11 - 13

Mon | Tues | Thurs from 4:30p - 6:00p & Sat from 10:00a - 11:30a

This 1.5 hour session will provide a 30 minute thorough warm-up including flexibility and active mobility, 30 minutes of athletic motor skill development (teaching of speed/agility), and 30 minutes of athletic resistance training

DEVELOPMENTAL SESSION | AGES 14 - 18

Mon | Tues | Thurs from 7:00p - 8:45p & Sat from 11:30a - 1:15p

This 1.75 hour session will provide a 20 minute active/dynamic warm-up focused on athletic mobility, 30 minutes of athletic motor skill development (teaching of speed/agility), 40 minutes of strength and explosive power development, 10 minutes of athletic conditioning, and a 5 minute cool-down and stretch to promote faster recovery from training

ADULT TRAINING CAMP

Mon | Wed | Fri from 6:30a - 7:45a

This 1.25 hour session will provide a 10-15 minute active dynamic warm-up, 30 to 40 minutes of strength training, 10-15 minutes of athletic based conditioning, and a 5 minute cool-down and stretch to promote faster recovery from training

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00a							
7:00	Adult Training Camp		Youth Session		Adult Training Camp		
8:00							
9:00							
10:00						Junior Session	
11:00							
12:00p							
1:00						Developmental Session	
2:00							
3:00							
4:00							
5:00	Junior Session	Junior Session		Junior Session			
6:00	Youth Session	Youth Session		Youth Session			
7:00							
8:00	Adult Training Camp	Adult Training Camp		Adult Training Camp			
9:00							



The 4 week training program runs September 7 - October 2

YOUTH

3 Sessions Per Week.....\$170
 2 Sessions Per Week.....\$109

JUNIOR

3 Sessions Per Week.....\$220
 2 Sessions Per Week.....\$140

DEVELOPMENT

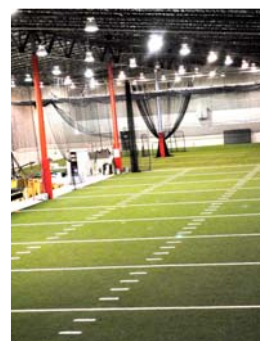
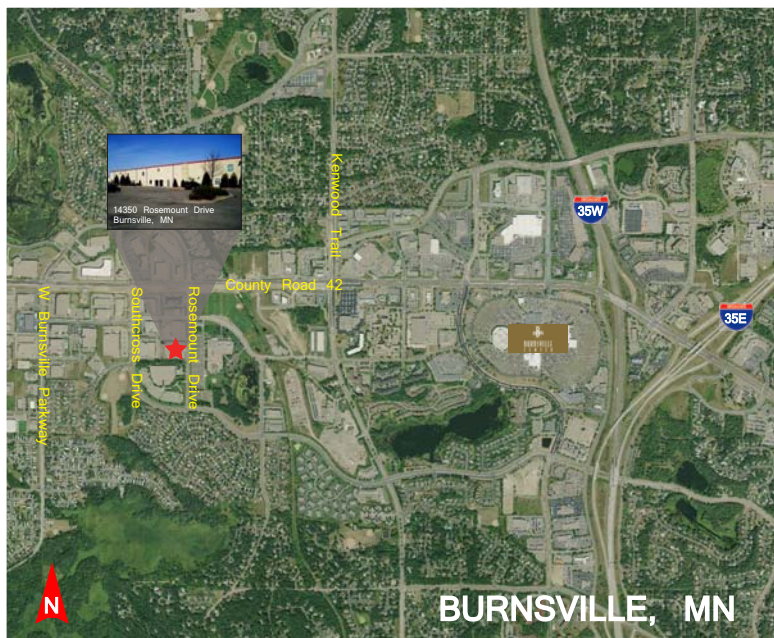
3 Sessions Per Week.....\$220
 2 Sessions Per Week.....\$140

ADULT TRAINING CAMP

3 Sessions Per Week.....\$220
 2 Sessions Per Week.....\$140

**Prices are pro-rated if athlete is unable to attend the full 4 week series. No refunds given on missed sessions. Payment is due in full before the start of the first session.*

Team training and one-on-one sessions are also available upon request.



ABOUT THE COACH



For the past 6 years, Chris Molitor has been a Sports Performance Coach, training athletes of all ages and abilities. His experience and education have allowed him to help athletes achieve their maximum potential and aid adults in reaching their fitness goals through personal training programs.

Chris has coached both male and female athletes from every sport including professionals from the National Football League, United Indoor Football, National Lacrosse League, and several overseas basketball leagues.

Chris is a 2006 graduate of South Dakota State University where he earned a BS in Exercise Physiology. After graduation, he became a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA). He was also a four-year letter winner on the SDSU football and track teams. In 2007, Chris played pro football for the UIF team, the Sioux Falls Storm.

As a Lakeville native, Chris is very excited and passionate about bringing an elite training service to the South Metro area.