

Let 2006 North Dakota Coach of the Year and founder and director of Ashley Acceleration take your game to the next level.

We give you the tools and knowledge. It is time for you to learn and be the athlete you know you can be.

“Don’t be afraid of the work it takes to succeed.; succeed because you aren’t afraid of the work it takes,” Jeremy St. Aubin.

Ashley Acceleration.

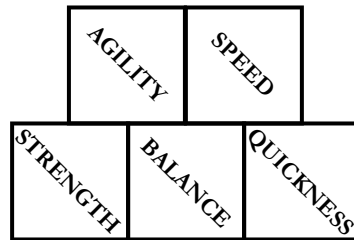


Participant Name \_\_\_\_\_  
Parents Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Phone Number \_\_\_\_\_  
Participant Birth Date \_\_\_\_\_  
Emergency Contact Phone # \_\_\_\_\_  
Preexisting Medical Conditions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Payment due with registration form by May 25th.

Please make financial arrangements/payment prior to this date to avoid late fee of \$15.

### PUTTING QUALITY TRAINING



### PIECES TOGETHER ASHLEY MEDICAL CENTER

See inside of brochure for details. Please call (701) 288-3433 ext. 115 with any questions you may have.

Ashley Medical Center  
612 Center Avenue North  
P.O. Box 450  
Ashley, ND 58413

Phone: 701-288-3433



## BEEN THROUGH THE REST, NOW GET READY FOR THE BEST!!!



Now is the time to get on track with Ashley Medical Center’s unique design on what will make you the best athlete. Availability of time is limited, so get on board quickly.

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Ashley Medical Center is utilizing Sport Specific POWER Programs from POWER SYSTEMS. These are 8 week programs designed specifically for your needs that will help to make you all you can be.

We offer programs for general athletes as well as specialized training in:

Football

Basketball

Volleyball

Golf

Let the training facilities we have take you to a whole new level. We require your full effort and consistent attendance.



At the Ashley Medical Center we are dedicated in teaching you the fundamentals of each sport as well as guiding you through the training regimens that will lead to your pinnacle of success.

Our programs include:

Plyometrics

Weight Training

Speed Training

Agility Training

Quickness Training

Complete program packages are \$150 which will take you through the entire program with two 1-hour sessions per week plus instructions for the weight lifting program. It will be your responsibility to be at your sessions. If you would like weight lifting program development or personal trainer instruction only, this will cost \$25 per session.

These programs are designed for those who are serious about success. If you aren't sure you have what it takes you don't.

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