

Sports Training At Valley Athletics
WITH BIG IMPACT PERFORMANCE TRAINING

Baseball ACE Program:

Thursdays or Sundays: 1x per week

OR

Thursdays & Sundays: 2x per week

(No program April 2 or 5)

Start Date(s):

March 19th or March 22nd

End Date(s):

April 30th or May 3rd

Time(s):

Thursday: 7:00-8:00pm

Sunday: 12:30-1:30pm

Cost:

1x per week: \$90 per athlete

2x per week: \$132 per athlete

15% discount for current Valley Athletics members

For more questions contact:

HEAD PERSONAL TRAINER

Brandon Barker

info@bigimpactpt.com

920.574.5872



Valley Athletics
720 E Shady Lane
Neenah, WI 54956
www.valleyathletics.com



DOMINATE YOUR CUBE.

CUBE Philosophy

To use efficient and functional exercises that help all athletes of all levels move more effectively in a 30'x30'x30' space. We focus on improving an athlete's ability to be agile, to move with control, and be explosive.

Agility

- Quickness
- Body Control
- Rapid change of direction

Control

- Balance
- Center of Gravity
- Mental

Explosion

- Power
- Acceleration
- Reaction time

ACE Baseball Specific Program

Brandon Barker, and other trainers at *Big Impact Performance Training*, team with *Valley Athletics* to create baseball specific training programs for baseball athlete's ages 11-13, and 14-18.

This program will consist of a 10-minute warm-up, 45 Minutes of high performance baseball training, and a 5-minute stretch/flex that works on balance, strength, and conditioning, putting a focus on baseball specific movements.

Baseball ACE Registration Form

_____/_____/_____(____)____-____-____
 First Name Last Name Date of Birth Phone Email

 Address City State Zip Code

 Level Entering Age Training Program(circle one): 1x per week 2x per week

Payment required at time of registration.
Method of Payment (Circle One): Cash Check Master Card Visa Member Account **Amount Paid or Charged to Member Account \$** _____

_____/_____/_____
 Credit Card # Exp.

WAIVER
 I understand that acceptance of my registration is without assumption of responsibility of any kind by Big Impact Fitness Trainers or employees of Valley Athletics. In consideration of the acceptance of my registration, I do forever release and discharge the foregoing form any and all claims for damages; losses or injuries that I may suffer in connection with Big Impact Trainers or Valley Athletics, including those, which arise out of ordinary negligence.

 PARENT/GUARDIAN SIGNATURE

_____/_____/_____
 DATE