

To register, complete registration below, and mail with full payment to: *In The Zone, PT, 6870 Chrisphalt Drive Bath, PA 18014*

Name _____

Parents' Names _____

Address _____

Phone _____ DOB _____

E-mail _____

Age on Sep 1 ____ Grade in Sep '09 ____

Organization: _____

Sports: _____

of Classes to attend ____ Cost _____

Dates and Times: _____

Consent and Waiver: I certify that my son/daughter _____ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation in the In The Zone Performance Training.

I authorize the staff of In the Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In the Zone and those directing the program from any and all liability for any injury my child might incur while participating in the program.

Signature of Parent/Guardian Date

Frequently Asked Questions:

Is there a recommended number of classes that my son/daughter should take? Performance training is similar to weight lifting in the sense that the longer an athlete does it the better or stronger he gets. Although there isn't a recommended minimum or maximum number of classes, taking one class is better than not taking any; taking 12 is better than 10 and so on. I would recommend taking at least 6 classes to achieve a noticeable improvement.

Can I sign up for classes two days in a row? No, in order to get adequate rest, you should have at least 1 day of rest between workouts.

What are the age groups for this training? The SAQ training is good starting at age 8. The P&E training is more appropriate for ages 10 and up. The younger kids in the P&E will do more body weight training and medicine ball training than weight training.

Can we sign up for more than one class a day? Although it is not recommended, it can be done. Both training sessions are intense and adequate rest is necessary for optimal results.

I've heard a lot about sport specific training. Is that better? That depends on your perspective. With the increase in sport specialization at an earlier and earlier age, we feel it is even more important to develop an overall athletic base of core, fundamental capabilities and then work on sport specific tasks. These programs will help develop that underlying athletic base.

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Athletic Performance Training

*Speed, Agility and
Quickness Training*

*Power & Explosion
Training**

In the Zone



***Featuring VertiMax™**

6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

In the Zone introduces its *Performance Training Program:*

This program is designed to improve athletic performance by training and developing essential components of sports functionality.

Program Overview:

There are 2 different classes:

1. Speed, Agility and Quickness (SAQ)
2. Power and Explosion (P&E)

The SAQ classes will emphasize:

- Form Running: upper and lower body technique
- Acceleration techniques
- Deceleration
- Lateral movement
- Backward movement
- Quickness and foot speed drills
- Coordination and balance drills
- Reaction Drills
- Core and stability training

The P&E classes will emphasize:

- Lower body strength training using Vertimax™ and plyometric drills
- Functional core training (using medicine balls, bosu trainers, stability balls, etc)
- Functional upper body strength training (using tire flipping, medicine balls, body weight)
- Explosion training drills

Each class is offered once a day, 5 days a week for a 3 month period. Athletes purchase a certain number of classes and then sign-up to attend the classes of their choice on the day(s) of their choice.

Mix and Match: This program offers the flexibility to tailor a program to meet an individual's specific goals and address specific shortcomings. For example if an athlete's primary goal is to get quicker but also wants to get stronger as a secondary goal, he

might sign up for 8 Speed, Agility and Quickness sessions and 4 Power and Explosion Sessions.

Overlap: Athletic performance is a complex bio-mechanical task that requires many moving parts working together to achieve the desired results. Almost every exercise an athlete does will have multiple outcomes. There will inevitably be some overlap between the drills and outcomes of the two types of classes. For example, since core training is essential to overall athletic performance, both classes will work on core training but the P&E classes will do more of it. Not only is this overlap inevitable but it is necessary. In order to increase speed, explosive power must also be increased. Likewise, when an athlete increases his power he will also improve his speed and quickness.

On average, a 2 ½ inch increase in vertical leap will equate to shaving 0.1 seconds from a 40 yard dash time.



SESSION 1-10 starts Monday, Jan 4 and continues through Sat, March 27, 2010

Registration: Athletes must sign up for specific classes at least 24 hours in advance to insure the classes are not over crowded and instructors are available.

SAQ Classes are held: Mon and Wed 6:00-6:55
Tues and Thu 7:00-7:55
Sat 9:00-9:55 am

P&E Classes are held: Mon and Wed 7:00-7:55
Tues and Thu 8:00-8:55
Sat 10:00-10:55

Costs: The price per class is based on the total number of classes the athlete intends to attend; the more classes you attend, the less you pay per class. Pay-as-you-go is available but at the highest rate regardless of actual number of classes attended.

# Classes	Cost
1-4	\$16.00 ea
5-11	\$15.25 ea
12-21	\$14.00 ea
22-35	\$13.00 ea
36 or more	\$12.00 ea

Continuations: If an athlete completes their initial number of classes and wishes to continue their training, they can purchase additional classes using their previous classes to qualify for higher discounts.

Group Discounts: Teams and organizations can receive group discounts at the lowest rate (\$12.00/class) providing they purchase a minimum of 36 classes that can be split among the members of the team or organization. The coach or manager needs to contact Steve at In the Zone to arrange group/team discounts and the name of the group/team needs to appear on the individual's registration form.

Siblings can combine their classes to qualify for price discounts.

Trial Classes are available for \$18. If the athlete wants to continue, this class can be added to the total in order to qualify for price breaks and included in overall fee.

Missed classes can be made up.

Expiration of Classes: This session's classes will expire on March 27, 2010. There will be no carry over, credits or refunds for classes not used. Classes are not transferable. There will likely be another session offered April-May.

Primary Instructor: **Steve Turpening**

*Certified Personal Trainer and Certified Speed, Agility and Quickness Trainer
Certified by NESTA (National Endurance Sports Training Association)*

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