



HIGH SCHOOL SPRING PREP WORKOUTS

Athletic Evolution, **AE**, in conjunction with NIKE SPARQ Training, is offering a unique speed, agility and conditioning program for high school athletes looking to get in shape for the upcoming spring season. Don't let the downtime between your winter and spring sports get you out of shape – take advantage of AE's Spring Prep Workouts and enter tryouts in midseason form!

- ✔ **AE** expert trainers lead participants in the latest speed and agility training drills – NIKE SPARQ Training – to increase foot speed, agility, flexibility and conditioning
- ✔ Utilize other parts of **AE**'s facility – batting cages, turf field, basketball court – to hone your skills

Why sit around for three weeks waiting for tryouts? Take advantage of this one of a kind opportunity to get a leg up on the competition and enter tryouts a step above everyone else! No matter what sport you play in the spring, through **AE**'s use of the groundbreaking SPARQ Training methods, you will give yourself the best chance possible to make a great impression with your coaches.

When:	February 22 nd – March 13 th (3 weeks) Mondays – 5:00-6:30pm Wednesdays – 5:00-6:30pm Fridays – 3:00-4:30pm
Where:	Athletic Evolution 78b Olympia Avenue, Woburn, MA 01801
Cost:	\$175 total for 3 weeks
Participants:	Maximum – 24 athletes

Each 90 minute session will include the following:

- ✔ **NIKE SPARQ Training**
 - ✔ Dynamic, explosive, movement-based training → Speed, Power, Agility, Reaction, Quickness
 - ✔ Strength training focused on explosiveness, core strength and flexibility
 - ✔ Specifically designed conditioning exercises to increase endurance and prepare your body for tryouts and the upcoming season

Sign Up Now For This Amazing Opportunity!

For questions & sign ups contact Brian Skeffington at Athletic Evolution – [\(781\) 935-7701 x.12](tel:(781)935-7701) or brian@athletic-evolution.com

Athletic Evolution is the Nike preferred athletic-enhancement training center in New England



www.athletic-evolution.com

SPARQ
SPEED POWER AGILITY REACTION QUICKNESS