



## Real Athletes Committed to Excellence

Sports performance training is a progressive training program driven to re-define sport conditioning through knowledge, innovation, and experience. Training provides an opportunity for youth to develop their overall self-confidence in sports, conditioning and fitness. Program focuses on improving flexibility, balance, coordination, speed, agility, and core strength specific to each sport and goal of the athlete.

**Tuesday, June 16-Thursday July 23rd (6 Weeks / 12 Sessions)**



Tuesday & Thursday mornings from 6:30 - 7:30am. RACE sessions will be held at the A&B Fitness Concepts Studio, located at 159 Stark Street Randolph, WI 53956. RACE is for athletes entering 8th grade through College, any sport, girls or boys encouraged to join. **Cost is \$75.00** includes T-shirt and access to A & B Fitness Concepts Studio for June & July. Please drop-off or mail bottom portion to A&B Fitness Concepts. Please make checks out to A&B Fitness Concepts or visit [abfitnessconcepts.com](http://abfitnessconcepts.com) for PayPal option.

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Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Grade in school September 2015: \_\_\_\_\_

T-shirt size (circle one): XS S M L XL XXL XXXL

Parent/Gaurdian: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

Any medical conditions we should be aware of? \_\_\_\_\_

Other than your parents/guardian who do we contact in case of emergency?

Name: \_\_\_\_\_ Phone: \_\_\_\_\_