



TOTAL ATHLETE CONDITIONING

Discover New Strengths and Skills!

Our mission at Total Athlete Conditioning is to provide our athletes with the most advanced sports performance education and training in order to ethically and efficiently enhance all aspects of human movement and athleticism.

Appropriate for developing athletes (ages 10-13) looking to improve their chances of reaching a higher level of athletic performance. Athletes will establish a strong foundation of good habits in a fun and progressively challenging atmosphere that fosters self-esteem and improves confidence. Proper movement mechanics and core strength will be emphasized in addition to speed and agility development. The TAC Junior program will take your game to the next level!

5 WEEK PROGRAM BEGINNING JULY 12, 2010

TUESDAY'S AND THURSDAY'S

5:15PM – 6:30PM OR 6:30PM – 7:45PM

\$250.00

AGES: 10-13

CHOATE ROSEMARY HALL – Johnson Athletic Center

Athlete Information

Name:	DOB:
Parents(s) name:	Parent(s) name:
Address:	City:
State:	Zip:
Email:	Emergency Phone:
Primary Sport:	Level/team name:

PAYMENT INFORMATION

- **A 50% DEPOSIT IS REQUIRED TO RESERVE SPACE IN A TRAINING GROUP**
- **FULL PAYMENT IS DUE UPON THE FIRST SCHEDULED TRAINING SESSION**
- **Please make checks payable to TOTAL ATHLETE CONDITIONING (TAC), LLC**
 - Electronic payments may be made on our website
- **PLEASE MAIL PAYMENT TO:**
Total Athlete Conditioning

42 Wallace Road

Branford, CT 06405