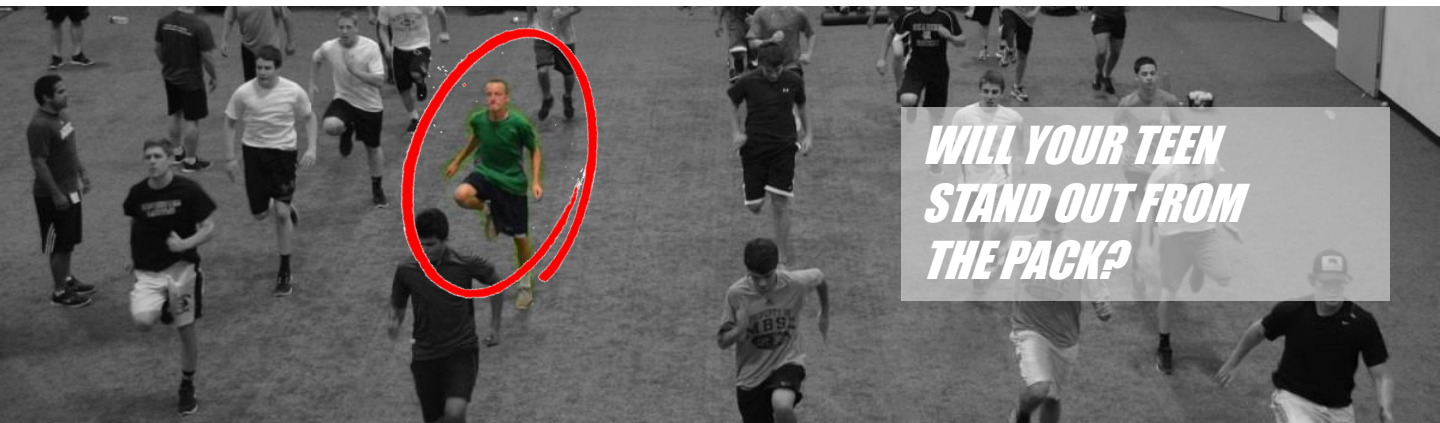


## SUMMER SPORTS PERFORMANCE TRAINING FOR TEENS



***WILL YOUR TEEN  
STAND OUT FROM  
THE PACK?***

**DETROIT THRIVE Sports Performance Training For Teens-** Our Eight Week Intense Summer Athletic Development Program for teens offers an innovative approach to training used by College & Pro Athletes to give them the edge. The program includes instruction in movement training, injury reduction and rehabilitation, linear and lateral speed techniques, foot speed and agility, explosive power development, proper functional strength training and energy system conditioning. The program is locally run exclusively at Detroit Thrive Training Systems, located inside the Mack Athletic Complex .

Our exclusive program designed by the world renown Mike Boyle, Strength and Conditioning Coach for Boston University, the NHL's Boston Bruins, the USA Women's Olympic Silver Medallist Ice Hockey team, and the 2013 World Series Baseball Champion Boston Red Sox.

### ***WE TRAIN FUTURE ATHLETES FOR SUCCESS***

Each 90 minute work out consists of:

- Functionally Sound Movement Training;
- Strength Training;
- Conditioning;
- Strong Technique Focus.

Programs are progressed when technique has been mastered and all athletes are lead by our trained Detroit Thrive Coaches.

**SPEED** - Acceleration, Deceleration, Linear and Lateral Movement Techniques, Running Mechanics, Footwork

**EXPLOSIVE POWER** - Olympic Lifting, Plyometrics, Medicine Ball, Jumping & Landing Techniques

**STRENGTH** - Functional Approach, Thorough Instruction, Focus on Upper Body, Lower Body & Core

**CONDITIONING** - Game Ready Preparation for all Athletes.

**FLEXIBILITY** - Myofascial Release (Foam Rolling), Various Forms of Stretching, Muscle Activation

**INJURY REDUCTION** - Identify & Correct Muscular Imbalances, Balance & Stabilization

### **Eight Week Summer Sports Performance Program**

**When:** June 18<sup>th</sup>-August 16<sup>th</sup> 2018

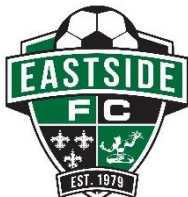
**Where:** Detroit Thrive/The MAC

**Cost:** \$399 for 32 sessions

**\*No Class July 2<sup>nd</sup>-5<sup>th</sup> \***

**See over for session times,  
booking form & contact details**

**(Strictly Limited Numbers, Book Now)**





# SUMMER SPORTS PERFORMANCE TRAINING FOR TEENS

## JUNE 18<sup>th</sup> – AUGUST 16<sup>th</sup> 2018 ENROLLMENT FORM

Participant's Name: \_\_\_\_\_  
First Name Last Name Email

D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender: Male / Female

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_

Sport Training for: \_\_\_\_\_

Coach Contact Details (if applicable)

Club Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Position Played: \_\_\_\_\_

Email: \_\_\_\_\_

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

Guardian Name: \_\_\_\_\_  
Title First Name Surname

Guardian E-mail: \_\_\_\_\_

Guardian Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Check the session you wish to enroll in:

☐ 11:30AM – 1:00PM ☐ Noon – 1:30PM ☐ 1:00-2:30 ☐ 3:00-4:30 ☐ 3:30PM-5:00PM ☐ 4:00 PM – 5:30PM

\* All classes are co-ed

Sessions run Monday, Tuesday, Wednesday and Thursday. The Eight Week Summer Sports Performance Program starts on Monday June 18th and runs until Thursday August 16<sup>th</sup> 2017. No Class July 2<sup>nd</sup> -5<sup>th</sup>.

Price: \$399

Payment Method (please check)

☐ Cash at club ☐ Check at club ☐ Credit ☐ Mindbody

Card No |\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_|\_\_\_\_\_| Card Expiry \_\_\_\_/\_\_\_\_ 3 Dig Code \_\_\_\_\_

By signing below, I acknowledge and accept the terms & conditions below.

\_\_\_\_\_  
Guardian Signature Date \_\_\_\_/\_\_\_\_/\_\_\_\_

### Terms & Conditions

Enrollment is valid for the class time allocated only. Participants must abide by the club rules and direction of the Thrive Coach at all times. Failure to comply with the Thrive Coach directions will result in non-refundable cancellation.

During training, photographs & video may be taken and used in a variety of future publications, brochures, posters and on internet sites for promotional purposes. You are granting a non-exclusive license to reproduce this material as determined by Detroit Thrive or The MAC without further permission and for which no entitlement or remuneration will be paid and that all rights in the photographs are waived. The photographs will not be used in a manner deemed to be adverse or defamatory to the Participant.

Exercise by its nature may result in injury from time to time. Detroit Thrive & The MAC and MBSC Thrive take no responsibility for any injuries incurred.

### Coaches

Mike Fox & Don Jaeger  
313.444.1233  
detroitthrive@gmail.com  
www.detroitthrive.com



The Mack Athletic Complex  
4300 Marseilles Street  
Detroit, MI 48224  
www.themacdetroit.com