

SPORTS PERFORMANCE TRAINING FOR TEENS



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

DETROIT THRIVE Sports Performance Training For Teens- Our Eight Week Intense 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 75 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

Fall/Winter/Spring 8 Week Sports Performance Program

Where: Detroit Thrive/The MAC
Cost: \$299 for 3 Days per week
\$199 for 2 Days per week

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

(Strictly Limited Numbers, Book Now)





SPORTS PERFORMANCE TRAINING FOR TEENS

Participant's Name: _____

First Name

Last Name

D.O.B: ____/____/____

Participants E-mail: _____

Home Address: _____ City: _____ State: _____ Zip code: _____

Sport Training for: _____

Coach Contact Details (if applicable)

Club Name: _____

Coach: _____

Position Played: _____

Email: _____

Phone: _____

Guardian Name: _____

First Name

Last Name

Guardian E-mail: _____

Guardian Phone: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Check the session you wish to enroll in:

- ☐ Session 1: September 3rd-October 25th
- ☐ Session 2: October 28th-December 20th
- ☐ Session 3: January 2nd-February 21st
- ☐ Session 4: February 24th -April 17th
- ☐ Session 5: April 20th -June 12th

Ages 12 and up, M-F

☐ 3:45-4:45

☐ 2 Days Per Week \$199

☐ 3 Days Per Week \$299

Payment Method (please check)

☐ Cash at club

☐ Check at club

☐ Credit

☐ Online

Card No |__|__|__|__| |__|__|__|__| |__|__|__|__| |__|__|__|__| Card Expiry__/_/____ 3DigitCode_____

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 & Mike McKay

313.444.1233

detroitthrive@gmail.com

www.detroitthrive.com



The Mack Athletic Complex

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Detroit, MI 48224

www.themacdetroit.com