



IGNITION[®]

IGNITION TRAINING PROGRAMS

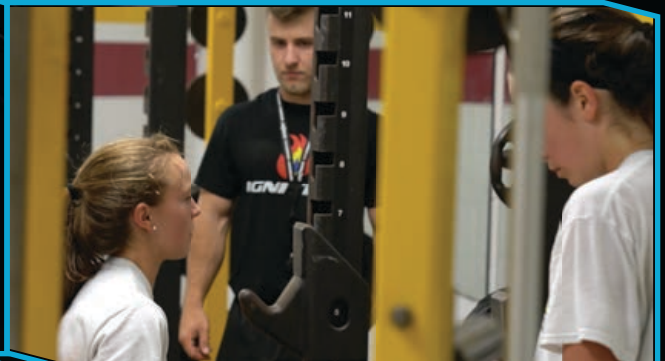


“Train Where the Pros Train”

Ignition training programs are designed to deliver customized, results-oriented training techniques with an overall focus on safety and injury prevention. Ignition specialists will assess each athlete's ability, strengths and weaknesses in order to target the proper training program and specific areas for improvement. Ignition team training programs focus on one-on-one development as well as team specific drills.

Burst | Ages 12 – 18

Specifically focuses on developing athletic foundations in the areas of speed, agility, quickness, and power. Centered on learning proper mechanics and increasing the athlete's capacity to meet the demands of their sport. Training is customized towards the need of the athlete for their specific sport and position.



Total Elite I

Designed for high school athletes who have already developed most functional movement patterns and/or have excelled through the Ignition Burst program. Training focuses on speed, agility, quickness, and power in a progressed program based on advanced athleticism and larger work capacity.

Team Training I

Team training is available by request. The Ignition Performance staff will review and determine the needs specific to that team and develop a full training program. A team must consist of a minimum of 6 athletes to qualify.

IGNITION HEADQUARTERS
846 Reading Road , Mason, Ohio 45040
For more information, please call 513.247.9501



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PARTICIPANT INFORMATION

Name _____ Date of Birth _____

Address _____

Phone _____ Email _____

SELECT YOUR 6-WEEK SESSION

- Fall I**
Sept 11 – Oct 20
PRE Sept 4/6/8
- Fall II**
Oct 30 - Dec 8
PRE Oct 23/25/27
- Winter I**
Jan 8 - Feb 16
PRE Jan 4/6

Pretesting (PRE) allows us to set a baseline to track progress and results of the program.

SELECT YOUR PROGRAM

Burst Program *(Ages 12-18)*

3 Days/Week M/W/F 4:00pm - 5:15pm

Total Elite

3 Days/Week M/W/F 4:30pm - 5:45pm

Team Training

2 Days/Week T/TH TBD

PAYMENT

3 Days/Week \$360

2 Days/Week Prices TBD

Full payment must accompany registration form.

Visa MasterCard American Express Discover Cash Check *(payable to Ignition APG)*

Account # _____ Exp. _____

Payment, membership requirement, enrollment, refund and make-up policies –

1. There is a minimum and maximum enrollment for each class.
2. To assure your class make-up, please provide five days advance notice. To request a make-up, please contact Megan Baird at 513-247-9501 or m.baird@ignitionapg.com
3. If you need to cancel, please contact 24 hours in advance of the scheduled class.

Parent/Guardian Signature _____ Date _____

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