

# BURST TRAINING PROGRAMS

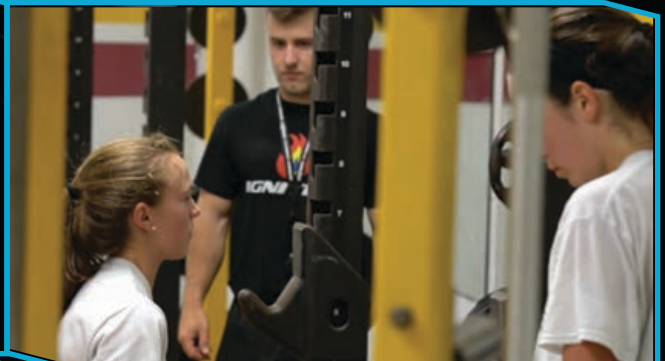


## “Train Where the Pros Train”

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.

### Athletic Development I

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.

\*Programs include athletes ages 12-18

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



**PARTICIPANT INFORMATION**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_

**SELECT YOUR 6-WEEK SESSION**

- Winter I**  
Jan 8 - Feb 16  
PRE Jan 4/6
- Winter II**  
Feb 26 - April 6  
PRE Feb 19/21/23
- Spring I**  
April 16 - May 25  
PRE April 9/11/13

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

**SELECT YOUR PROGRAM**

**Athletic Development**

- 3 Days/Week M/W/F Speed 4:00 - 5:00pm  
 Strength 5:00 - 6:00pm

**Total Elite**

- 3 Days/Week M/W/F Speed 4:30 - 5:30pm  
 Strength 5:30 - 6:30pm

**Team Training**

- 2 Days/Week T/TH TBD

*\*(Programs include athletes ages 12-18)*

**PAYMENT**

**Training Block Cost (6 Weeks)**

- |   |   |
|---|---|
| <input type="checkbox"/> 3 Days/Week Speed \$360            | <input type="checkbox"/> 2 Days/Week Speed \$240            |
| <input type="checkbox"/> 3 Days/Week Speed & Strength \$540 | <input type="checkbox"/> 2 Days/Week Speed & Strength \$360 |

**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. Payments are due in full at the start of each training block. If an athlete is not paid in full by the start of the second week, they will not be permitted to continue training.
2. There is a minimum and maximum enrollment for each class.
3. To assure your class make-up, please provide five days advance notice. To request a make-up, please contact Taylor Scott at 513-247-9501 or t.scott@ignitionapg.com
4. If you need to cancel, please contact 24 hours in advance of the scheduled class.

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

**IGNITION HEADQUARTERS**  
846 Reading Road , Mason, Ohio 45040

**For more information, please  
call 513.247.9501**