

Summer 2014 Performance Training Menu

Flemington/Readington-area
performance training options

Coached by Ryan Stevens
JP Case Middle School Athletic Trainer & Performance Coach



You will have fun.
You will be educated.
You will be challenged.
You will accomplish.
You will get better.

Options:

Group Speed/Agility/Quickness Training (ages 12+)

- @ JP Case Middle School Gym (Flemington)
2x/week for 5 weeks (Mondays/Wednesdays)
Classes at 2:30pm, 3:30pm, 4:30pm
June 30 - July 30
 - @ Holland Brook School Gym* (Whitehouse Station)
2x/week for 6 weeks (Tuesdays/Thursdays)
Class at 6:30pm
June 23rd - July 31
- *To register, contact Readington Recreation @ (908)534-9752

Individualized (all ages)*

- Functional Movement Assessment
 - 1 on 1 Training
- *Sessions @ RWJ Sports Physical Therapy, Flemington

Questions? RStevens@Somerset-Healthcare.com

For more info:
[www.frsd.k12.nj.us/
JPCSportsMedicine](http://www.frsd.k12.nj.us/JPCSportsMedicine)
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