



XP ATHLETIC PERFORMANCE: is a performance-enhancement organization dedicated to developing athletes of all ages and skills, located inside the AP Sports Facility at 33 Upton Dr. in Wilmington, MA. We teach how to train smart and not just hard.

The program will be tailored to the team, and each individual to correct imbalances and build on strengths. Athletes gain an advantage by learning how to make their bodies work more efficiently through flexibility, balance, posture, strength training and agility drills. This is crucial for the athletes in their development especially while in season.

XP'S PHILOSOPHY: Dedication to training the whole athlete, not just their body. We encourage athletes to challenge themselves, and even more importantly, believe in themselves. XP creates a positive educational environment, where kids find the guidance, teamwork, camaraderie and friendships that will help them succeed.

ANDOVER YOUTH HOCKEY

IN SEASON HOCKEY TRAINING

PROGRAM OPTIONS: STARTING WEEK OF NOVEMBER 5TH

ANDOVER YOUTH HOCKEY DISCOUNTED TEAM TRAINING PACKAGES INCLUDE THE FOLLOWING:

- + 1 SESSION A WEEK AROUND TEAM SCHEDULE FOR THE LENGTH OF THE SEASON (18 WEEKS)
- \$270 PER PLAYER

ANDOVER YOUTH HOCKEY DISCOUNTED INDIVIDUAL CUSTOM TRAINING PACKAGES INCLUDE THE FOLLOWING: (DAYS AND TIME FIT TO YOUR SCHEDULES)

- + 10 SESSION PACKAGE (\$250)
- + 15 SESSION PACKAGE (\$330)
- + 20 SESSION PACKAGE (\$400)

For pricing and any questions about the program please contact Pat:

