

This program is aimed towards meeting all athletic training components. Your child will have 3-4 sessions a week, over a 6 week period, blending the essential requirements to train in the pre-season or offseason.

**WHEN:**Runs June 20-July 27th 2016. No classes July 4, 2016.

**WHERE:** F.I.T SPORTS PERFORMANCE CENTER: 122 SPRING ST UNIT D4 & D5, SOUTHINGTON CT 06489

Space is limited based on Coach to Athlete Ratio. Must pre-register and pay to hold spot. Email Steph Foresi at [foresifitness@gmail.com](mailto:foresifitness@gmail.com)

Foresi's Individualized Training and Sports Performance Center  
122 Spring St Unit D4 & D5  
Southington Ct 06489  
[www.stayfitconnecticut.com](http://www.stayfitconnecticut.com)  
860-690-9796  
[foresifitness@gmail.com](mailto:foresifitness@gmail.com)



## **TOTAL ATHLETE TRAINING PROGRAM**

**SPEED**

**AGILITY**

**PLYOMETRICS**

**STRENGTH TRAINING**

**METABOLIC CONDITIONING**

**Provide your Athlete with the complete training experience:**

- Maximum Sprint Speed and Sprinting Biomechanics,
- Linear speed,
- Safety and Injury Prevention,
- Strength Training,
- Core Stabilization,
- Metabolic Conditioning,
- Plyometric Training,
- Eye-Hand/ Eye-Foot Coordination,
- Agility:Acceleration/Deceleration and Explosion,
- Reaction Training.

**F.I.T STAFF**

**Mike Ericksen**, Head Strength & Conditioning Coach at Central Connecticut State University for over 20 years.

**Ashley Mara**, Asst Strength & Conditioning Coach at Central Connecticut State University

**SCHEDULE**

**JR. TOTAL ATHLETE:**

- Metabolic Conditioning M/W: 5:15pm-5:45pm
- Speed/Agility Tuesday: 8-9am
- Strength Training Wed between 3-5pm

**H.S TOTAL ATHLETE:**

- Metabolic Conditioning M/W 5:45pm-6:15pm
- Speed/Agility M 8-9am
- Strength Training T/TH between 2-4pm

**Complete Elite Training for Athletes  
GR's 6-12**

**Jr. Total Athlete: For athletes entering grades 6-8.**

Includes:\$300

- Pre/Post testing of the following: Pro Agility, Broad Jump, Vertical Jump, 300 yd shuttle, Strength Testing
- SCHEDULE:
  - 1 day a wk Speed & Agility Training (55min)
  - 2 days a wk Metabolic Conditioning (30 Min E)
  - 1 Day a wk Strength Training Block (45 min)
- F.I.T Dry Fit Shirt

**High School Total Athlete:For athletes entering grades 9-12.**

Includes:\$350

- Pre/Post testing of the following: Pro Agility, Broad Jump, 300 yd Shuttle, Vertical Jump, Strength Testing
- SCHEDULE:
  - 1 day a wk Speed & Agility Training (55 Min)
  - 2 days a wk Metabolic Conditioning (30 Min E)
  - 2 days a wk Strength Training Block (45 min)
- F.I.T Dry Fit Shirt

