

# BLUE DEMONS GIRLS LAX PRE SEASON CONDITONING PROGRAM 5<sup>TH</sup> GRADE AND UP

## J Hatfield Fitness, LLC.

Join J Hatfield Fitness this winter for a Program that will PREPARE your athletes for BLUE DEMONS LAX this Spring; A customized approach to Youth Training.

Mail or Email Registration **and** Payment  
to  
J Hatfield Fitness  
PO Box 132  
Unionville PA 19375  
**CHECKS PAYABLE TO "KAPRB"**

Name \_\_\_\_\_

Age \_\_\_\_\_ Phone \_\_\_\_\_

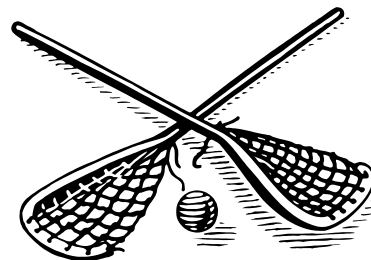
Parent Name \_\_\_\_\_

Email \_\_\_\_\_

[JHATFIELDFITNESS@GMAIL.COM](mailto:JHATFIELDFITNESS@GMAIL.COM)

### A Program Just for the Girls

- *Injury Prevention*
- *Strength and Stability*
- *Speed and Quickness*
- *Endurance*
- *Range of Motion/Flexibility*
- *Core Strength*
- *Basic Nutrition*
- *Hydration Recommendations*
- *Agility*
- *FUN*



[jhatfieldfitness@gmail.com](mailto:jhatfieldfitness@gmail.com)  
315.730.3540  
[www.jhatfieldfitness.com](http://www.jhatfieldfitness.com)

Creating Strong, Confident  
Kids

**TUESDAYS & THURSDAYS**

Starts January 8<sup>th</sup>  
thru February 28<sup>th</sup>

4pm-4:45pm

Greenwood Elementary Gym

\$75.00 Per Month  
Or  
\$140.00 for Both Months

Sign Up Today- Space will be  
Limited