FLATIRONS VOLLEYBALL

PERFORMANCE TRAINING PROGRAM

Impact Sports Performance & Flatirons Volleyball *Performance Training Bulletin* 2011-12

Impact Sports Performance is recognized as one of the top SPARQ Rating Authorized Facilities in the COUNTRY!

SPARQ RATING AUTHORIZED

#1 in SPARQ Ratings 4 years running!

SPEED
POWER
AGILITY
REACTION
QUICKNESS

Impact Sports Teaming with Flatirons Volleyball Club!

Hello Flatirons Volleyball Club members and parents! We are pleased to be able to partner with the Flatirons Club again this year. We have worked with Flatirons for the past three years and this year we are offering something unique! You now have the option of training as a team or as an individual! We are offering discounts for both. SEE BELOW.

Please call with questions or for FREE CONSULTATION, either as a team or for yourself (303) 467.2288. You can also email us if questions arise. Email us at INFO@MyImpactSports.com.

Team Training Discount

12 sessions - ~~$225/session~~ $160/session
- *only $20/session/girl (based on 8 players/team)
- *Each athlete would pay $240

24 sessions - ~~$200/session~~ $144/session
- *only $18/session/girl (based on 8 players/team)
- *Each athlete would pay $432

25% OFF!

Elite Match Program (small group sport specific training)

12 sessions - ~~$55/session~~ $41.25/session = $495
24 sessions - ~~$50/session~~ $37.50/session = $900

*Scheduling is flexible, choose the days & times you train
*No more than 4 in a group

20-25% OFF!

M.A.P.S. Program (Mechanics. Agility. Plyometrics. Speed)

12 sessions - ~~$30/session~~ $22.50/session = $270
24 sessions - ~~$25/session~~ $20/session = $480

*Schedule: M-F 3:45-4:45 & 5:00-6:00, Sat 11:00-12:00pm
*No more than 8 in a group

www.MyImpactSports.com