

The NEW I.S.T. Athletic Performance Center  
An 8,000 square ft. addition to I.S.T. Baseball Headquarters

**Presents...**

**Athletic Synergy and the...**

**Developmental November 07**

*11-13 year old Speed, Agility, and Strength*



This program is designed specifically for athletic development in a fun, safe, and well organized forum. Many young athletes play the same sport year round and become good at only a few skills athletically. This leads to more injuries and often a shorter ceiling on where an athlete can develop in their chosen sport. Injuries are often created by repetitive motions and skills that are done so frequently throughout the year. Many studies have shown that 50-60% of injuries in youth sports are a result of overuse, however of those injuries it is estimated that more than half could be prevented with proper training, and focusing on developing fundamental athletic abilities. By participating in the Athletic Synergy Developmental program, athletes will improve their:

- **Coordination, strength, speed, and power**
- **Agility, and Running Mechanics**
- **Core Stability, Balance, and Injury Prevention**
- **Flexibility, Range of Motion**
- **Proper Rest and Active Recuperation**
- **Mental Focus and Preparation**
- **Cardiovascular Endurance and Stamina**
- **Body Composition and Nutritional Knowledge**

Program is open to all Athletes 11-13 years old and will run on a 6 week cycle.

2X per week. Start Date: November 5th \*\*\*but with an individual assessment and recommendation a start time can be prorated. No session on Wed.-Nov. 21st

Program will run from 11/5-12/17 (12 sessions + 1 bonus session on 12/19)

- **Mondays and Wednesdays 4-5PM**
- **Cost: \$360**

- *Before starting the program, the registration form below and a waiver form must be completed. Checks should be made out to IST for \$360. Program consists of the 12 available sessions for the month and 1 bonus session regardless of attendance. Make-ups considered on a week to week basis.*

Send check to: I.S.T Baseball Headquarters- 25 Van Zant St. Unit 3B Norwalk, CT. 06855

For info please call Josh Genovese 203-512-4253, [athleticsynergy@optonline.net](mailto:athleticsynergy@optonline.net)

Or Glenn Katz @ I.S.T. 203-855-9213, [istkatz22@yahoo.com](mailto:istkatz22@yahoo.com) [www.integratedsportstraining.com](http://www.integratedsportstraining.com)

**REGISTRATION FORM**

Athletes Name: \_\_\_\_\_ Date of birth/age \_\_\_\_\_ Telephone: \_\_\_\_\_

Street Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Parent's Daytime Phone: \_\_\_\_\_

Email Address \_\_\_\_\_