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…

OFF SEASON 07

Elite Speed, Agility, and Strength Program

This comprehensive program is designed specifically for athletic performance which is the first choice of top coaches and athletes in the world. With our guidance, you'll get the best out of yourself and develop an untapped potential that will shock your coaches, teammates and especially yourself! An athlete requires specific movement skills….bursts of maximum force, speed, quickness and explosive power all with an increased need for range of motion. This program runs **3x per week** and will start **November 6th**. **Open to all athletes 14 years old and up.** By participating in the Athletic Synergy off season program, the athletes will improve their:

- ***Strength, Speed, and Explosive Power***
- ***Agility, and Running Mechanics***
- ***Core Stability, Balance, and Injury Prevention***
- ***Flexibility, and Range of Motion***
- ***Proper Rest and Active Recuperation***
- ***Mental Focus and Preparation***
- ***Cardiovascular Endurance and Stamina***
- ***Body Composition and Nutritional Knowledge***

Tuesdays and Thursdays 6pm to 7pm, Saturdays 10am-11am

Starts 11/6 and runs to 12/15 (16 sessions) No sessions on Thurs. 11/22 or Sat. 11/24

A start time can be prorated based on an assessment and a recommendation.

Week of 12/17 paid separately as an option. A new cycle begins 1/3/07 with same days and times.

- YOUR KEY TO SUCCESS IS CONSISTENTCY!
- ***Before starting the program, the registration form below and a waiver form must be completed. Checks should be made out to IST for $480. Program consists of the 16 available sessions for the month regardless of attendance.***

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

Directions can be found at www.integratedsportstraining.com

For info please call Josh Genovese 203-512-4253, athleticsynergy@optonline.net

Or Glenn Katz @ I.S.T. 203-855-9213, istkatz22@yahoo.com

REGISTRATION FORM

Athletes Name:_____ **Date of birth/**_____**Telephone:**_____

Street Address:_____ **City/State/Zip** _____

Parent/Guardian Name(s):_____**Daytime Phone:**_____

Email Address_____