

2009 Summer H.S. Performance Program

June 22nd-August 20th

Monday-Thursday @ Tesoro High School

Training times at (9:30am, 11:30am or 4:30pm)

Athletes entering (9th-12th grade)

Coach Romero's summer high school performance training offers an athletic enhancement program which includes instruction in movement training, injury prevention, linear and lateral speed development, foot speed and agility, explosive power development, proper weight training techniques, and functional strength training. Athletes are closely supervised as Coach Romero takes them through an intense (90) minute workout while paying close attention to proper technique and safety.

THE WORKOUT-Part 1

The first half of every workout will focus on:

- Flexibility and muscle activation (dynamic warm-up)
- Balance and stabilization
- Speed development
- Acceleration and deceleration techniques
- Linear and lateral movement mechanics
- Injury reduction

THE WORKOUT-Part 2

The second half of the workout focuses on:

- Functional strength training
- Core (abdominal) strength
- Explosive power
- Strong focus on basic and correct technique
- Each athlete follows an individualized exercise program

To **REGISTER** please visit www.CoachRomero.com and choose the training session package that allows you the best possible opportunity to develop as an athlete this summer!

***10 Sessions (\$175)**

***14 Sessions (\$200)**

***18 Sessions \$225**

*Use your training sessions at any time throughout the 9-week summer program.

*Register by June 6th and receive an additional (2) **FREE** training sessions!!!!

2009 Summer M.S. Performance Program

June 22nd-August 20th

Monday-Thursday @ Tesoro High School

Training times at (8:00am or 3:30pm)

Athletes entering (6th-8th grade)

At this important time in a young athlete's life, their body is primed for new information and ready to ingrain new movement patterns. Through a positive and high-success environment created by Coach Romero, the (60) minute training session places a high priority on running technique, athletic coordination, balance, relative strength and the introduction of essential muscular movement patterns to create greater speed and create improved athleticism. These are vital in establishing an athlete's athletic foundation for improved performance, injury prevention, and long-term enjoyment of sports participation.

THE WORKOUT WILL FOCUS ON:

- Coordination
- Running Technique
- Body Weight Strength
- First Step Quickness
- Flexibility
- Injury Prevention
- Self Confidence
- Athletic Conditioning

To **REGISTER** please visit www.CoachRomero.com and choose the training session package that allows you the best possible opportunity to develop as an athlete this summer!

***8 Sessions (\$100)**

***12 Sessions (\$120)**

***16 Sessions \$140**

*Use your training sessions at any time throughout the 9-week summer program.

*Register by June 6th and receive an additional (2) **FREE** training sessions!!!!
