

- Serving 8th - 12th grade athletes
- Workouts designed for your specific sport.

Are you ready to take your training to the next



## Who we are:

ESA provides top-quality training, and highly qualified trainers. Under our guidance, YOU will challenge yourself to become a faster, more explosive, stronger, more conditioned athlete. Our trainers are all nationally certified conditioning specialists and current or former collegiate or professional athletes who will design workouts for your specific sport and motivate you throughout the intense workout.

## The Cost

### Conditioning clinics:

- Monday—Friday
- 2-hr sessions
- \$90/athlete/week or
- \$20/athlete/day

### In-season workouts:

- 1-2 times per week
- Rates vary based on number of athletes
- \$3 to 10 per session

## ESA Clinics:

ESA clinics are offered as intense pre-season (weekly) training sessions or in-season conditioning. Each workout is designed to increase strength, endurance, agility, speed, flexibility, explosive power, hand-eye coordination, as well as sport specific skills. You WILL be ready for the up-coming season! Be prepared to work hard and significantly improve your athletic performance.

## Contact Us:

info@extremesportsadvantage.com

(703) 298-8646

**Group Discounts Available**

ESA can be integrated into your practice!

## Why choose ESA?

Extreme Sports Advantage charges a minimal fee, so that **ALL** student athletes can participate in the clinics.

Our trainers have **sport specific training** experience and can design workouts for every sport.

Our trainers **will not “over-train”** our young athletes; we will discuss over-use syndrome and over-training, so that no one gets injured while exercising.

**We can come to you!** Your coaching staff will decide when & where to hold the clinics, and we will bring the equipment and trainers to you. No need to travel.

\* Fairfax County athletes will train at one of our conveniently located sites, instead of their base-school.

**Satisfaction guaranteed!** If our workouts do not meet your expectations—you will be refunded your money.

**Coaches** are encouraged to be present and even join us in the workout sessions.

In-season, **our trainers will attend games** to determine areas of weakness, then design workouts to improve each individual athletes skill level.

**Pay as you go option.**