

MBST Training Schedule and Times

SPRING DATES: MARCH 30 - JUNE 5

Choose Your Program And How Long You Train For:

THE SHOOTING STARS (9-12yrs)

- 8 Weeks \$250
- 6 Weeks \$195

This is a 2 day training schedule start time 7:00p.

Sessions last 1 hour to 1 hour 15 minutes.

Please choose which 2 days you plan to train:

- Mon Tues Wed Thur

THE ATHLETIC EDGE II (13-15yrs)

● Train 3 days per week ●

- 6 Weeks \$425
- 8 Weeks \$365

This is a Monday / Wednesday / Friday schedule. Start time 5:45p and sessions last 1 hour 15 minutes to 1 ½ hours.

● Train 2 days per week ●

- 8 Weeks \$275
- 6 Weeks \$325

This is a Tuesday / Thursday schedule. Start time 5:45p and sessions last 1 hour 15 minutes to 1 ½ hours.

THE ATHLETIC EDGE (AGES 15 & UP)

● Train 3 days per week ●

- 8 Weeks \$575
- 6 Weeks \$425

This is a Monday / Wednesday / Friday schedule. Start time 4p and sessions last 1 ½ hours to 1 hour 45 minutes.

● Train 2 days per week ●

- 8 Weeks \$385
- 6 Weeks \$285

This is a Tuesday / Thursday schedule. Start time 4p and sessions last 1 hour 15 minutes to 1 ½ hours.

Sessions are limited in the number of participants and served on a first come first serve basis.

TO REGISTER PLEASE CHECK THE APPROPRIATE PROGRAM THAT BEST FITS YOUR NEEDS.

www.mbsportstraining.com

All training will take place at MB Sports Training located in The Northford Ice Pavilion 24 Fire Lite Plaza, Northford, CT 06472

If you have any questions please call
203.269.1410



PO Box 607, North Haven, CT 06473



Spring Training 09'

- Age Groups
- Schedules
- Times



Speed • Strength • Agility
• Overall Athleticism •

ALL SESSIONS HELD AT MB SPORTS TRAINING
LOCATED IN THE NORTHFORD ICE PAVILION

24 Fire Lite Plaza
Northford, CT 06472

Welcome to MB Sports Training

The reality is that improving your sports performance and getting in top notch physical condition takes effort, discipline and practice. With some guidance, and a little motivation, getting there is the easy part. Building on your success and keeping you there holds the key to reaching your true sports/athletic potential and fitness needs. At MB Sports Training, we are not your typical fitness center or sports training system. We offer a variety of different programs for a variety of different sports to teach you that being your best is not just a sometimes thing, it's a lifestyle.

MB Sports Training's Philosophy

MB Sports Training is founded on the scientific principle that fundamental athletic ability is the framework of any athletic development, sport skill development, and overall health & wellness.

In order for you to be prepared for the needs of your sport, athletic ability must be had.

MB Sports Training's Mission

Through scientific research, and coaching experience, MB Sports Training's mission is to improve an athlete's level athletic performance by providing proper planning, consistent physical training and applying them to the goals set by our athletes.

Why MB Sports Training

We provide you direction to reach your goal and your full athletic potential.

- We offer a methodical approach to long term athletic development, sports performance training, and fitness training for a lifetime of sport, and health & wellness.
- Our programs are fully coached to address the needs of each individual, and age specific to focus on the critical periods of growth in order to reach your peak.
- Our coaches know how to give the attention you need with an eye for detail in proper form and technique of each exercise and drill.
- We understand that each athlete, team and organization have different needs. That's why we design a variety of training plans tailored to the needs of the athlete and there sport.

What to expect from MB Sports Training

- Ethical Performance Enhancement
- Age Appropriate Training
- Sport Test Preparation
- Nutrition Fundamentals
- Sport Specific Testing
- Injury Prevention
- Sport Specific Training
- Post Rehabilitation
- Sport Skill Enhancement

The MB Sports Training Programs

● **Ages 9-12:**

THE MB SHOOTING STARS PROGRAM

Your athletic training at MB Sports Training starts with the Shooting Stars program. Athletes are taught the importance of consistency, nutrition basics and how to implement it, proper warm-up and recovery techniques, hydration, and mental preparation. MB's Shooting Stars targets the critical periods of athletic development such as speed, flexibility, endurance and strength. This is a general physical preparation program that sets the foundation for the future development of your sport and athletic life.

● **Ages 12-15yrs:**

THE MB ATHLETIC EDGE II PROGRAM

The Athletic Edge 2 is MB Sports Training's second tier in developing a lifetime of sports and athletics. Athletes are taught more advanced nutrition tactics, proper warm-up and recovery techniques for specific sports, hydration, how to take care of an injury, as well as targets the critical periods of athletic development such as introducing strength training movements, increase and maintain flexibility, and short & long term endurance. This is more of a sport specific preparation program that sets the foundation for future development.

● **Ages 15 and Up / Collegiate / Pro:**

THE MB ATHLETIC EDGE PROGRAM

The Athletic Edge is MB Sports Training's advanced training program. In this program you are expected to be serious in your athletic endeavors. Athletes are required to understand and follow through with good nutritional habits, practice warm up & recovery techniques, and movement mechanics. In addition to traditional sports training, athletes will be executing intense strength training in order to optimize sport skill development. This is a sport specific preparation program that sets the foundation for peak sports skill development and performance.

● **OTHER PROGRAMS INCLUDE:**

**MB In-Season Training • MB Personal Training
MB Team Training • MB Concussion Recovery Training**

We realize that the physical development of boys and girls are very different. That gives us a big "grey" area in training needs. All of our athletes will be placed into appropriate training programs allowing us to target the critical periods of your athletic development.

www.mbsportstraining.com

MB Sports Training is a proud member of:
 • National Strength and Conditioning Association (NSCA)
 • IDEA Health and Fitness Association

Athletes Name

Address

City State Zip Code

Athletes Email Address

Date of Birth Age you will be during training

Fathers Name Contact Phone Number

Mothers Name Contact Phone Number

Parents Email Address

Primary sport Current team

Payment Information

Cost depends on the program you register for. A deposit of 1/2 is needed to hold a spot. This is a non-refundable deposit. Sessions are limited in the number of participants and served on a first come first serve basis. You will be notified by email on your acceptance into the program you choose.

() Check () Visa () Mastercard

Amount Enclosed:\$ _____

Name of Cardholder

Account Number

Expiration Date 3 Digit Code

Please Read Before Signing

I give permission for above named to participate in the MB Sports Training activities. I understand that there is an inherent risk to these activities in which minor, serious, and catastrophic injuries including death. I attest that the above named is in good physical condition to participate in a vigorous physical fitness program. I further agree to hold harmless MB Sports Training LLC, its coaches, trainers, students, affiliates, and all associated officers for any injury or sickness sustained as a result of participating in any part of this program. Be advised that part of the training program will take place outdoors.

Participants Signature

Parents Signature

Please Make Checks Payable To: MB Sports Training

Mail Registration Form To **PO Box 607, North Haven, CT 06473:**

“TALENT DOES NOT EQUAL PERFORMANCE. PREPARATION EQUALS PERFORMANCE.”

~Rick Peterson, N.Y. Mets pitching coach