

## **MBST Summer Sessions**

- ( ) **Session 1** - June 8 to July 2
- ( ) **Session 2** - July 6 to July 30
- ( ) **Session 3** - August 3 to August 27

## **Summer Programs Schedule**

### **( ) Shooting Stars (9-12yrs)**

Mondays and Wednesdays 4:15pm to 5:15pm

Cost per Session: \$200

### **( ) Athletic Edge 2 (13-14yrs)**

Monday through Thursday 5:30pm to 7:00pm

Cost per Session: \$300

### **( ) Athletic Edge (High School/Prep/College)**

( ) Monday through Thursday 8:00am to 10:00am

( ) Monday through Thursday 10:00am to 12:00pm

( ) Monday through Thursday 7:00pm to 9:00pm

Cost per Session: \$400

### **( ) Total Hockey Development**

Plan an on-ice component. Sessions are made by arrangement for one on one and small groups.

Register for 2 sessions and receive \$25 discount off of full tuition. Register for all 3 sessions and receive \$50 discount off of full tuition.

**[www.mbsportstraining.com](http://www.mbsportstraining.com)**

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

*If you have any questions please call:*  
**203.269.1410**



PO Box 607, North Haven, CT 06473

# **Summer**



*Strength*

# **Training**



*Speed*

# **2009**



*Power*



**LOCATED IN THE NORTHFORD ICE PAVILION**

**24 Fire Lite Place  
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 their 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.*

( ) 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