



**SPORTS
ADVANTEDGE**

EDGEWOOD 7th & 8th Grade PERFORMANCE

Held at Edgewood High School

Session 1 – Feb 1- March 26

Session 2- April 5- May 27

REDUCE INJURIES

INCREASE ATHLETICISM

#getyouredge

Program essentials

- ✓ Proper running technique
- ✓ Reaction time
- ✓ Power Development
- ✓ Total body Strength
- ✓ Linear, lateral, and vertical speed enhancement
- ✓ Ages 12 and up
- ✓ 16 training times each session block

**Session 1
Mon/Wed
\$249**

**Session 1
Tues/ Thurs
\$249**

**Session 2
Mon/Wed
\$249**

**Session 2
Tues/ Thurs
\$249**

Program Times

- ✓ Mon/ Wed 7:00-8:00pm
OR
- ✓ Tues/ Thurs 7:00- 8:00pm
- ✓ \$100 discount for purchasing sessions 1 and 2
- ✓ 12 athlete max per session
- ✓ Sign up today!

LOCATION

All sessions will be run at Edgewood high school in the weight room. Only athletes will be allowed with capacity restrictions.

TO ENROLL
Call 608-513-6917
OR EMAIL

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