

# TRAINING OPTIONS FOR SPORTS TEAMS



“ESA” Elite Strength Academy would like to thank you for the opportunity to work with your Teams. We are very excited and look forward to working with your athletes and to be a part of their player development. At ESA our training methodology is based on this - Great Programs + Great Coaching = Results.

Please find below our training program proposal we are offering your sports Teams:

## **Flexible Schedule – In-Season Training**

One on One consultation with the teams coaching staff

Fitness Assessment every 12 weeks  
Nutrition Seminar and Program

Each athlete can train anytime on their own schedule without the team during the in-season at our facility.

Each athlete will have 2 training sessions per week during the in-season

Flexible Scheduling during the in-season (open 7 days a week)

Each player will have their own custom designed workout program.

## **In-Season Team Training**

Team Training sessions include

Training can be done at your arena or our facility  
Dynamic Warm up & Mobility

Quickness- ladders, cones  
Speed and Plyometrics  
Agility  
Strength Training circuits



## **COST**

**\$5 per workout per player for the length of the season. Starting from the start of the season until the end of your competitive season.**

**(Pricing based on min of 10 athletes per team)**

If less than 10 players then the price is \$10 + HST per player. Regular price for a single athlete to train at ESA is \$149 a month for a year's training membership. So by signing up as a team you are saving big time.

**ESA is serious about getting the best results for not only our athletes but their teams too.**

**ELITE STRENGTH ACADEMY**

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