



## NEW ENGLAND ELITE SOFTBALL SPORTS PERFORMANCE PROGRAM

### **THE PROGRAM:**

- INCREASE ATHLETIC PERFORMANCE
- REDUCE THE CHANCE OF INJURY
- RECOVER FASTER
- IMPROVE SELF CONFIDENCE AND SELF-ESTEEM
- BECOME A BETTER ATHLETE!

ARE YOU AN ATHLETE LOOKING TO ENHANCE YOUR PERFORMANCE ON THE FIELD, COURT OR ICE?  
DO YOU WANT TRIED-AND-TRUE WORKOUTS TO GET YOU STRONGER, FASTER AND EXPLOSIVE?

NXGEN SPORTS PERFORMANCE IS PROGRAMMED TO DEVELOP THE SUPERIOR ATHLETE AND INCREASE SPORTS PERFORMANCE. THE PROGRAM TARGETS THE ATHLETE'S FOUNDATION TO SUCCESS... STRENGTH, SPEED, POWER, CONDITIONING AND AGILITY.

### **NXGen offers Athlete Group Training for Ages 11-18 via Two Session Types**

**Strength:** NXGen offers programming based on the athlete's specific needs and lifting experience. The strength program is designed to increase power, conditioning, and relative and absolute strength. All core movements will be applied in a total body workout that will get the athlete ready for their season or stay ahead of their competitors in- season.

**Speed:** Speed sessions for each age group will maximize an athlete's acceleration with appropriate progression. Proper joint angles and ground force application is taught so that every athlete will understand how to continually develop and refine these newly learned skills throughout his or her career. Instruct the athlete on our deceleration method which will decrease the potential for injuries during the season. The athlete will learn the importance of biomechanics to decrease the potential for Injury and enhance multi-directional speed and quickness. Sessions will end with a metabolic challenge to provide a conditioning base for the athlete's season.

### **PRICING: (Program Enrollment Includes Unlimited Sessions)**

-**\$50 Initial Assessment\*\*** w/ 2 weeks of Program Enrollment for **FREE**

-Monthly EFT\* of Program Enrollment - **\$95/mo**

\*EFT (Electronic Funds Transfer is automatically deducted from a debit/credit card or checking/savings account on the first day of every month until a 30-day notice is given to cancel.)

\*\*Initial assessment must be pre-booked with a Coach and the 2 free weeks will not start until after assessment is complete

-**Program Enrollment allows the athlete to attend 1 session per day which must be pre-booked ahead of time**

-**Discounted Private Sessions Available! Ask a Coach for Details!**