



MADISON EAST TRAINING PROGRAM

Enhance SPEED. Build POWER. Develop AGILITY.

Athletic Republic is proud to announce a training program offering at Madison East High School.

Athletic Republic is the culmination of over 20 years of research and relentlessness. It's a science-based sports training system that has delivered real, quantifiable results to over half a million athletes, including more than 2,500 Olympic and professional athletes, no matter their age, gender or sport. It's a brand built out of a firm belief that there is a better way to train athletes, a better way to rehabilitate and a better way to maintain peak athletic performance. We are excited to bring our training concepts and experience to Madison East High school to improve the skills and ability of each athlete. Our program offers great on field benefits, average results include:

Average Improvements: (after a full program that includes the Athletic Republic Super Treadmill)

- 33% improvement in foot speed
- 50% improvement in rate of recovery
- 2 tenths of a second off 40 yard dash
- 4" increase in vertical power – increased explosive power
- 20 % greater leg strength
- Injury pre-hab program to reduce risk of ACL injuries

Summer Program Structure: (Begins Monday June 15th and ends Thursday August 6th)

24 total sessions, 8 weeks, all sessions hosted at East High School

- Minimum 50 participants ----- \$150 per person

Program value: \$720 per person.

What you will receive from Athletic Republic:

- 8 week Performance Sports Training program (to include: Speed, Power, Agility, Strength, Injury Pre-Hab, Flexibility training)
- Athletic Republic certified performance specialists on site implementation
- Athletic Republic T-Shirt
- Athletic Republic water bottle
- Discounted training for the rest of the 2009 Calendar year (\$50 off each program)
- Athletic Republic donation to Madison East Athletics

SUPER CHARGE your training program:

With 12 Super Speed sessions at Athletic Republic each participant will be able to improve performance much more than with traditional training. We will use science-based speed training on our Generation II Super treadmills and Dartfish Video Analysis of sprint mechanics to improve form, speed, and endurance. *Must be done in conjunction with the Summer Program.

Add on Fee: \$200

Add on Value: \$480

PERSONALIZED Performance Training:

If you would like to do a personalized program and schedule at your leisure Athletic Republic is offering you a \$50 discount off any program in 2009. Bring this sheet with you and a student id.

Inside the MAC SPORT CENTER - 411 Prairie Heights Drive Verona WI, 845-FAST (3278) - www.athleticrepublic.com