

LaCrosse

Performance Enhancement Training

Help improve athletic performance, prevent injuries and promote longevity through LaCrosse-specific speed and power training

- Speed and agility drills
- Plyometric development
- Resistance training
- Vertical jump training
- Conditioning
- Flexibility and stability exercises

Improve Hip and Shoulder stability, 1st step reaction and MORE...

Small Group Classes

Year-round training available / Up to 12 athletes per coach

Choose times and frequency from our schedule

Join individually ANYTIME!

Age: 8-12 yrs. 5:30-6:30 pm M-Tu-Th / Sat. 10:30 am

Age: 13+ yrs. 6:30-7:30 pm M-Tu-Th / Sat. 10:30 & 11:30 am

\$20 per session per player or \$180 for 10 sessions

(Save with monthly unlimited packages – see website)

Team Packages

4-12+ LaCrosse-Specific sessions (Approx. 1 hour each)

Create your own times and days

Sessions	6-11 ath's	12+ ath's
4	\$60 (\$15/ses.)	\$50 (\$12.50/ses.)
8	\$112 (\$14/ses.)	\$90 (\$11.25/ses.)
12	\$156 (\$13/ses.)	\$120 (\$10/ses.)

Also available:

1-on-1

Team Mates (2+ athletes)

Athletes trained by EDGE Sports Fitness speed and strength staff:

DENNY BONEWITZ
Strength/Speed Coach

UNIV. OF NORTH TEXAS
UNIV. OF NEW MEXICO
UNIV. OF CALIFORNIA
UNIV. OF HOUSTON

ROB SUNDQUIST
Athletic Trainer

CREEKVIEW HIGH SCHOOL
UNIV. OF NORTH TEXAS
OREGON STATE UNIVERSITY

DALE JONES
Strength/Speed Coach

WASHBURN UNIVERSITY
UNIV. OF NORTH TEXAS
UNIV. OF HOUSTON

To register call (940) 391-3711 or go to:

www.EdgeSportsFitness.com



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