



# Winter Class Schedule: Ages 13 and Up



# GROUP

**These sessions will improve your athlete's:**

- Speed and Agility
- Strength
- Stability
- Explosiveness
- Flexibility
- Prevention of injury long term
- Pre-Testing
- 10 and 60 Yard Dash/Pro-Agility
- Post-Testing
- Performance/Injury Screen

**WEDNESDAYS @ 7 PM**

NOVEMBER: 7, 14, 21, 28

DECEMBER: 5, 12, 19

JANUARY: 9, 16, 23, 30

FEBRUARY: 6, 13, 20, 27

**Non Members: \$175**

**Members: \$150**

# Strike Zone Strength and Conditioning

The Strike Zone will provide the most advanced speed, strength, and conditioning philosophies and training for individuals and teams of all disciplines and levels; from youth through professional. We train both the body and mind, creating an interest and desire for strength and conditioning.

Our number one goal at The Strike Zone is to make each and every individual stronger, faster, stable, and more powerful in whatever sport or fitness level they participate, while focusing on injury prevention. We take pride in offering personal and team instruction, attention to the smallest details in a challenging, but positive and encouraging environment.

## Speed

- Improving Straight Ahead Speed
- Lateral Speed Gains
- Running Technique

## Strength

- Functional Strength
- 7<sup>th</sup> Inning/Late Game Strength
- Injury Prevention

## Stability

- Being Stable to be Strong
- Smaller Stabilizer Muscle Strength
- Improving Overall Lifts and Movements

## Explosive

- First Step
- Repeat Jumps
- Overall Power
- Rotational

**The Strike Zone  
will improve an athlete's:**

Speed/Agility  
Explosiveness  
Flexibility

Proper warm-up/cool downs  
Better technique and coordination  
lifts, balance, and running for their  
specific sport  
Injury prevention  
Sports nutrition/Supplement education  
Meal plans if needed



Name: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell #: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

(Parent/Guardian Sign Here:) \_\_\_\_\_

Visit [www.StrikeZoneOmaha.com](http://www.StrikeZoneOmaha.com) for Cancellation Policy

### **PAYMENT METHOD**

Cash Check Visa MC Disc AMEX

# \_\_\_\_\_

Exp Date \_\_\_\_\_ 3 digit V-Code \_\_\_\_\_

Signature: \_\_\_\_\_



Make checks payable to "The Strike Zone" and mail or return to

THE STRIKE ZONE, 2900 SOUTH 110 St, OMAHA NE 68144 (402) 398-1238 or FAX to (402) 399-2019