

Structure 1: Individual Plans

Training Options

| | |
|-------------------|-----------------------|
| Position Specific | Fitness/Conditioning |
| Skill Specific | Strength/Conditioning |
| Nutrition | Virtual |

4 Week Programs

| | |
|---------------------------|-------------------------|
| 4 Sessions 1x Per Week | $\$70 \times 4 = \280 |
| 8 Sessions 2x Per Week | $\$65 \times 8 = \520 |
| 12 Sessions 3x Per Week | $\$60 \times 12 = 720$ |

6 Week Programs

| | |
|-----------------------------------|--------------------------|
| 6 Sessions 1 Session Per Week | $\$70 \times 6 = \420 |
| 12 Sessions 2 Sessions Per Week | $\$60 \times 12 = \720 |
| 18 Sessions 3 Sessions Per Week | $\$55 \times 18 = \990 |

8 Week Programs

| | |
|---------------------------|---------------------------|
| 8 Session 1x Per Week | $\$70 \times 8 = \560 |
| 16 Sessions 2x Per Week | $\$50 \times 16 = \800 |
| 24 Sessions 3x Per Week | $\$45 \times 24 = \1080 |

Payment: Payment may be made in advance of Sessions in one lump sum or in two installments for the 8-Week Programs. Payment is due on or before the 1st of each month. Payment must be completed for all Sessions before any new or renewal contract may be signed. **All payments are due before** the training package begins for the **4-week and 6-week** programs. For the 8-week programs, initial payment is due on or before the 1st of the month before the package begins and the second payment is due before the end of week 2 of training.

Option to Renew: Client shall have the option to renew this contract upon expiration of current obligations. Upon renewal, client will have the option for automatic payments for their session program that will be debited on the 1st of the renewal month for all programs. For the 8-week programs, the second payment will be debited on the 15th of the renewal month.

Structure 2: 2-on-1 Plans

Training Options (60 Minutes)

| | |
|-------------------|-----------------------|
| Position Specific | Fitness/Conditioning |
| Skill Specific | Strength/Conditioning |

4 Week Program

| | |
|-----------------------------------|-------------------------------------|
| 4 Sessions 1 Session Per Week | $\$55 \times 2 \times 4 = \440 |
| 8 Sessions 2 Sessions Per Week | $\$50 \times 2 \times 8 = \800 |
| 12 Sessions 3 Sessions Per Week | $\$45 \times 2 \times 12 = \$1,080$ |

6 Week Programs

| | |
|-----------------------------------|-------------------------------------|
| 6 Sessions 1 Session Per Week | $\$50 \times 2 \times 6 = \600 |
| 12 Sessions 2 Sessions Per Week | $\$45 \times 2 \times 12 = \$1,080$ |
| 18 Sessions 3 Sessions Per Week | $\$40 \times 2 \times 18 = \$1,440$ |

8 Week Programs

| | |
|-----------------------------------|-------------------------------------|
| 8 Session 1 Session Per Week | $\$45 \times 2 \times 8 = \720 |
| 16 Sessions 2 Sessions Per Week | $\$40 \times 2 \times 16 = \$1,280$ |
| 24 Sessions 3 Sessions Per Week | $\$35 \times 2 \times 24 = \$1,680$ |

Payment: Payment may be made in advance of Sessions in one lump sum or in two installments for the 8-Week Programs. Payment is due on or before the 1st of each month. Payment must be completed for all Sessions before any new or renewal contract may be signed. **All payments are due before** the training package begins for the **4-week and 6-week** programs. For the 8-week programs, initial payment is due on or before the 1st of the month before the package begins and the second payment is due before the end of week 2 of training.

Option to Renew: Client shall have the option to renew this contract upon expiration of current obligations. Upon renewal, client will have the option for automatic payments for their session program that will be debited on the 1st of the renewal month for all programs. For the 8-week programs, the second payment will be debited on the 15th of the renewal month.

Structure 3: Group Development Sessions

4 Week Program

| | |
|-----------------------------------|--------------------------|
| 4 Sessions 1 Session Per Week | $\$50 \times 4 = \200 |
| 8 Sessions 2 Sessions Per Week | $\$45 \times 8 = \360 |
| 12 Sessions 3 Sessions Per Week | $\$40 \times 12 = \480 |

8 Week Program

| | |
|-----------------------------------|--------------------------|
| 8 Session 1 Session Per Week | $\$45 \times 8 = \360 |
| 16 Sessions 2 Sessions Per Week | $\$40 \times 16 = \640 |
| 24 Sessions 3 Sessions Per Week | $\$35 \times 24 = \840 |

Payment:

Payment is due on or before the 1st of each month. Payment must be completed for **ALL** Sessions before attending any sessions. **All payments are due before** the training package begins for the **4-week and 8-week** programs.

Commitment & Session Policy:

Signing up means you are fully committed to attendance. Failure to attend due to circumstances not related to the following will not be refunded, credited or rescheduled: (1) Positive COVID test with dated proof, (2) Inclement Weather, (3) Incapacitated Injury, and (4) Sickness with High Fever.

Structure 4: Path To College / Off-Season

Individual Program Registration Costs:

4 Week Program

| | |
|-----------------------------------|--------------------------|
| 8 Sessions 2 Sessions Per Week | $\$45 \times 8 = \360 |
| 12 Sessions 3 Sessions Per Week | $\$40 \times 12 = \480 |

6 Week Program

| | |
|-----------------------------------|--------------------------|
| 12 Sessions 2 Sessions Per Week | $\$45 \times 12 = \540 |
| 18 Sessions 3 Sessions Per Week | $\$40 \times 18 = \720 |

Dual Program Registration Costs

4 Weeks - Both Programs

| 16 sessions | 4 Sessions Per Week | 24 Sessions | 6 Sessions Per Week |
|---|---------------------|-------------|---------------------|
| Original Price | \$720 | * | \$960 |
| Discounted Price (Offer till May 24th) | \$600 | * | \$800 |
| Kay's Birthday Special - (Offer till May 10) | \$500 | * | \$700 |

6 Weeks - Both Programs

| 24 Sessions | 4 Sessions Per Week | 36 Sessions | 6 Sessions Per Week |
|---|---------------------|-------------|---------------------|
| Original Price | \$1,080 | * | \$1,440 |
| Discounted Price (Offer till May 24th) | \$900 | * | \$1,000 |

| | | | |
|--|-------|---|-------|
| Kay's Birthday Special (Offer Till May 10th) | \$800 | * | \$900 |
|--|-------|---|-------|

Payment & Registration:

To secure your spot, a \$250 non-refundable deposit is required. The deposit is credited toward full balance. Registration is not complete until the full balance is paid. Cancellation before start date is a forfeiture of the deposit and spot in the program.

The balance is required to be Paid In Full by June 15, 2022.

Commitment & Session Policy:

Players will have the option of registering for either program *individually* or registering for both. We will not be offering 1 session per week options, and will only be offering 2 or 3 sessions per week options. Sessions will be conducted on ***Mondays, Wednesdays*** and ***Thursdays*** starting **July 4th**. You may sign up for 4 weeks or 6 weeks. Week-to-week options are not *provided* nor are session-by-session options available.

Location:

Laurel, MD

Time and Days:

Mondays, Wednesdays and Thursdays

Off-Season (Strength/Performance) - **2pm - 4pm**

Path To College (Technical/Tactical) - **4:30pm - 6:30pm**

Dual Attendance - **2pm - 6:30pm**