



VIENNA YOUTH LACROSSE

SPEED & QUICKNESS TRAINING

FALL 2014



POWERED BY:  TRUEAP

PROGRAM DETAILS

DATES: 9/2/2014 – 11/20/2014 *(START ANYTIME!)*

DAYS/ TIMES: Sessions Offered Monday – Thursday

Youth (ages 8-10): 5:00 – 6:00pm

Athlete (ages 11-14): 6:00 – 7:30pm

Elite (ages 15-18): 3:30 – 5:00pm

**FREE Saturday sessions Included with all weekday training packages!*

LOCATION: The nZone
14550 Lee Road
Chantilly, VA 20151



COST: Ages 8-10: As Low As \$120/month (2 days/week)
Ages 11-14/ 15-18: As Low As \$200/month (2 days/week)

***Promo Code: VYI – 20% Off Normal Pricing!**

- Sessions Focus on Improving:
 - SPEED
 - AGILITY
 - QUICKNESS
 - POWER
 - COORDINATION
 - OVERALL ATHLETIC ABILITY!
- Monthly Testing/ Evaluation Sessions to Measure Results!
- Homework Packet and Nutritional Guide Provided!



REGISTER NOW!

1. Visit www.TrueAP.com/PREMIER
---or--- www.TrueAP.com --- Programs --- Premier Affiliate Program
2. Find Your Organization and Follow the Prompts to Register!

Questions? Contact Randy Devine: rdevine@trueap.com