

# WINTER 09-10' PERFORMANCE TRAINING SCHEDULE



**GREAT ATHLETES ARE MADE IN THE OFF-SEASON!**

**DON'T MISS YOUR CHANCE** to train at the place where the best youth, high school, and elite athletes train to become GREAT. No other training program prepares you for the demands of your sport like CATZ...we guarantee it!

**CALL 978-658-4220 NOW** for a free trial or to reserve your spot in your group this winter. **SPACE IS LIMITED!**

## ATHLETE TESTIMONIALS

"As a pitcher you need as many advantages as you can get on the mound. To stay strong late into games you have to develop great endurance, lower body power, and core strength. This summer CATZ made this happen for me! Everything they had me do in my workout regimen was geared towards making me a better pitcher! It was hard work but worth it in the end, as I received an athletic scholarship to a great university in the fall!"



→ **Matt Cook**  
Hamilton-Wenham HS & Northeastern 2014



"I have trained @ CATZ-Wilmington for 3 years, and love the challenging workouts. The program has increased my strength, speed, and mental toughness significantly enough to compete on the U15 Women's National Soccer team as a 14-year-old. I would recommend the CATZ training program to any soccer player who wants to reach their full potential."

→ **Morgan Andrews,**  
U15 National Team, U23 Aztec,  
U17 FC Stars of Mass

## CLASS TYPES:

### **SPORT FUNDAMENTALS (Ages 8-10)**

- 60 minutes, foundational development

### **YOUTH PERFORMANCE (Ages 10-12)**

- 60 minutes, general physical development

### **PERFORMANCE TRAINING PROGRAMS**

#### **Middle School, High School & College Athletes:**

- 60 minute intensive sessions
- Flexible scheduling
- Sport-specific training
- Groups no larger than 10 per coach
- 2 or 3 day per week training options

#### **ELITE PROGRAMS (High School & College Only)**

- By Application or CATZ coach approval ONLY!
- 2, 3, or 4 Day, 90 minute customized sessions
- Groups no larger than 8 per coach
- Nutrition tips & advice

## SCHEDULES & MEMBERSHIPS (11/30-3/13)

### **High School & College Performance**

#### **Elite 90 Minute Programs, 2-4 days/week:**

Elite Club Soccer	M, Tu, Wed, Th	3:30-5:00p
Elite Baseball	M, Tu, Wed, Th	5:30-7:00p
Elite Lacrosse	M, Tu, Wed, Th	5:30-7:00p

#### **Performance 60 Minute Programs, 1-3 days/wk:**

Softball	M, Tu, Wed, Th	3:30p, 4:30p, 5:30p
Lacrosse	M, Tu, Wed, Th	3:30p, 4:30p, 5:30p
Soccer	M, Tu, Wed, Th	3:30p, 4:30p, 5:30p
Multi-Sport	M, Tu, Wed, Th, <b>Fri</b>	3:30p, 4:30p
	Saturday	9:00am

### **Middle School & Youth Performance**

<b>Ages 9-11</b>	M, Tu, Wed, Th, Fri	4:30-5:30p
<b><u>Ages 12-13</u></b>		
<b>Multi-Sport</b>	M, Tu, Wed, Th, Fri	4:30-4:30p
	Saturday	10:00-11:00a
<b>Soccer Only</b>	M, Tu, Wed, Th, Fri	3:30-4:30p

### **Performance & Elite Memberships\***

- 8 Sessions
  - 1 month unlimited training
  - 2 months: 2 or 3 days/week
  - 3 months: 2 or 3 days/week
  - 6 months unlimited training
  - 12 months unlimited training
- \*Elite: Please ask for options

CALL  
**978-658-4220**  
For Details  
Pricing &  
To Register  
Ask for Nick or  
Craig

**CONTACT US**

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