

# FALL 2010 PERFORMANCE TRAINING SCHEDULE



**TRANSFORM YOURSELF THIS FALL!**

**DON'T MISS YOUR CHANCE** to train at the place where the best 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 this fall. **SPACE IS LIMITED!**

## ATHLETE TESTIMONIALS

"CATZ-Wilmington is the best hockey training program around! They use a blend of high intensity sport circuit training to improve fitness level, cardio, & agility, but they also incorporate strength training to build power, and size. I love that the workouts are dynamic and tailored to hockey and the coaches are great at keeping it fresh and never stale. I highly recommend CATZ-Wilmington for youth, high school, and college hockey players in the area. If you want to take your game to the next level, these guys will help you get there."



→ **Jeremy Dehner, '10**  
**Umass Lowell Hockey, AHL Admirals**

"I joined CATZ-Wilmington over 3 years ago and can tell you that it is the best and most well-rounded training program out there for basketball players! I have tried other programs in the past, but I always feel better, fresher, and play better when I'm training at CATZ. They have helped me gain size, speed, and agility so I can beat smaller opponents on the outside, defend anyone, and still bang the boards inside."

→ **Joe Bramanti, Point Guard**  
**Andover HS, 2011**  
**- Granite State Jayhawks & New England Playaz AAU**



## Fall Training Options

- College Elite Programs, 2-4 days/wk
- High School Elite, 2-4 days/wk, Ages 16+
- High School Performance Training, 2-4 days/wk
- Middle School Performance, 2 or 3 days/wk
- 8 athletes per coach
- Flexible scheduling options
- Features Pre- & post-testing battery



**SCHEDULE**  
**8/30/10 - 11/21/10**

**High School & College Elite Training (ages 15+)**

**Elite Hockey**

Mon-Fri, 3:30-5:00p

**Elite Basketball & Multi-sport**

Mon-Fri, 3:30-5:00p

**High School Performance Training (ages 14+)**

**Performance - Basketball & Multi-sport**

Mon-Fri, 4:30-5:30p

Mon-Thurs, 5:30-6:30p

Sat, 11:00a

**Performance - Hockey & Multi-sport**

Mon-Fri, 4:30-5:30p

Mon-Thurs, 5:30-6:30p

Sat, 11:00a

**Middle School Performance**

**Performance - Ages 12-13**

Mon-Fri, 4:30-5:30p & Sat, 10:00a

Mon-Thurs, 5:30-6:30p

Sat, 10:00a

**Youth Performance - Ages 9-12**

Mon-Thurs, 3:30p

Mon-Fri, 4:30

Sat, 10:00a

**SPACE IS LIMITED...CALL 978-658-4220**  
**EMAIL - [nwellsb@catzsports.com](mailto:nwellsb@catzsports.com)**

**Reserve your spot before**  
**September, 3rd and get 15%**  
**off of any fall program!**

**CONTACT US**

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