



TWIST YOUTH CONDITIONING PROGRAMS FOR SPRING 2010 • April 5 - June 26 (12 WEEKS)

Welcome to Twist Conditioning's Spring 2010 Youth Athlete Conditioning Programs! Twist Conditioning is a progressive team, driven to re-define sport conditioning through knowledge, innovation and experience. Building champion athletes and winners in life is what we do. This Spring we have a wide range of Sport Conditioning Programs for young athletes from the ages of 8-18 years old and from the beginner to elite level. Each session is 75 minutes in length and participants can choose to train 1, 2, or 3 sessions per week, depending on the Sport Program. Take your game to the next level today.

Cost: 1 session/week = \$30/session • 2 sessions/week = \$25/session • 3 sessions/week = \$20/session

- SPRING PROGRAM SPECIALS**
- **1 WEEK FREE** - When you refer a friend or family member. Ask us for more details.
 - **FAMILY SPECIAL** - Register 2 members of your family (Adult or Youth) and receive 50% off all additional family member registrations.
 - **RENEWAL EARLY BIRD** – Winter Program members, renew your registration before March 17 and receive \$25 off.
 - **SPRING FITNESS TESTING:** See the reverse side for more details. Must be booked by March 24.
 - GROUP TESTING COMBINE- \$90:** Test your fitness levels before and after your Spring Program. Includes two, 2 hour testing sessions.
 - 1 on 1 TESTING & TRAINING - \$499:** 1 x 30 minute consult, 2 x 60 minute testing sessions, 5 x 1 on 1 training sessions.

SPRING PROGRAM STARTING LINE-UP:

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| HOCKEY CONDITIONING CAMPS | <p>The 2010 Spring Hockey Conditioning Camp is available to all divisions from Atom through to Pro and is constructed into three periodized phases. See our website or the 2010 High Performance Hockey Camp brochure for more details. Separate registration form is required.</p> <ul style="list-style-type: none"> • Elite Spring Training Camp: April 5-June 25 (12 Weeks) • Phase 1 Building the Foundation - April 5-30 (4 Weeks) • Phase 2 Developing the Linked System - May 3- 8 (4 Weeks) • Phase 3 Establishing Hockey Specific Movement Skills - May 31-June 25 (4 Weeks) <p>*for prices and further camp details, check out www.twistburlington.com or speak with one of our Twist Coach's</p> |
| YOUTH SOCCER CONDITIONING | <p>Twist's Soccer conditioning program will focus on improving soccer-specific strength, power, and movement skills through Peter Twist's innovative functional training systems. The development of linked system strength, rotary power, sport core, speed, agility and quickness will give you the boost needed to win challenges to the ball and elevate your game.</p> |
| YOUTH HOCKEY CONDITIONING | <p>The Twist Hockey Conditioning Program is designed for players to make physical gains in speed, quickness, strength, reaction, agility, anaerobic conditioning, and stride power. Players will train these physical parameters utilizing Peter Twist's world famous hockey conditioning methods. Don't wait until the season is over to train, it's too late. Programs available for Junior A, Junior B/C, Midget, Bantam, Peewee, Atom and female players.</p> |
| SPEED, AGILITY & QUICKNESS SAQ | <p>Speed, agility and quickness are three of the most important physical components for athletes. The Twist SAQ program will teach you how to move more efficiently through postural correction, biomechanical analysis and movement skill patterning. Once a foundation of movement is built, athletes will focus on increasing their first step quickness, deceleration, explosive speed, reactivity and multi-directional movement skills. Become a quicker, faster and more reactive athlete with Twist's SAQ training methods.</p> |
| YOUTH SPORT CONDITIONING YSC | <p>This program is available for athletes from a variety of multi-directional sports including hockey, soccer, basketball, lacrosse, football, rugby, baseball, tennis and volleyball. This session will focus on developing the secondary fitness characteristics common in all multi-directional sports including, speed, agility, reactivity, balance, linked strength, rotary power, quickness, and more.</p> |

****Youth Program Schedule, Spring Testing and Registration on the reverse side****



SPRING FITNESS TESTING

GROUP TESTING COMBINE: Measure your fitness levels before and after your Spring Program. Twist's Sport Conditioning Coaches will take you through 2 hours of functional testing where they will test your strength, power, movement, balance and conditioning levels. All participants must be registered in a group program. Must be booked by March 24.

Cost: \$50 per test or \$90 for both pre and post tests.


Dates: Pre-Testing- Sunday, March 28, 1-3pm; Post-Testing- Sunday, June 27, 1-3pm

1 ON 1 TESTING AND TRAINING: Add this program on to any of our group or team training programs and experience a customized training plan that focuses on meeting your individual goals which will be measured by pre and post program functional testing. This package includes; a 30 minute consultation session, a 1 hour private functional testing session in week 1 and a 1 hour post-testing private session in the final week, 5 one-on-one private training sessions customized to your goals to be used at any time throughout the spring session and a customized take-home workout to perform on your own. Must be booked by March 24.

Cost: \$499 (Package is valued at \$599) Must be registered in a youth program or team training. One package per person.

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| REQUIREMENTS FOR NEW PARTICIPANTS | All new Twist program participants must book an Introduction to Sport Conditioning Session. This is a one hour 1 on 1 Training session during which you will learn all of the major sport conditioning movement mechanics and postures. If you have trained with Twist Conditioning in the past you do not need to take this session. The cost of the session is \$50 and valued at \$75. All Introduction to Sport Conditioning Sessions need to be booked upon registering and completed prior to your first session. All intro sessions booked before March 24 are FREE. |
| REGISTRATION | <ul style="list-style-type: none"> To register please fax (905-336-9311), mail or drop off your registration form to: 1179 Northside Road, Burlington, ON, L7M 1H5 All Registration forms must also be accompanied with an Intake form and Par-Q form. Registration forms, Intake forms, and PAR-Q forms can be downloaded from our website at www.twistburlington.com |
| PRIVATE TRAINING | <ul style="list-style-type: none"> Add on a private training session to your program each week and work 1 on 1 with a Twist Sport Conditioning Coach. For more information on private 1 on 1 training packages please call 905-335-9599 (ext. 19) or visit www.twistburlington.com <p>**Special Spring Private Training Packages available.</p> |

SPRING PROGRAM SCHEDULE:

| YOUTH PROGRAMS | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---------------|------------------------|------------------------|--------------------------|------------------------|--------------------------|--------------|--------|
|  | 10:00-11:15am | | | | | | Youth Soccer | |
| | 4:45-6:00pm | HP Hockey 1 (4-5:30pm) | HP Hockey 1 (4-5:30pm) | Youth Soccer | HP Hockey 1 (4-5:30pm) | HP Hockey (Phase 3) | | |
| | 6:00-7:15pm | HP Hockey 2 (5:30-7pm) | HP Hockey 2 (5:30-7pm) | | HP Hockey 2 (5:30-7pm) | | | |
| | | | | Youth Sport Conditioning | | Youth Sport Conditioning | Youth Hockey | |
| | 7:15-8:30pm | Youth Hockey | | SAQ | | | | |