



## SUMMER PROGRAMS

[www.integrityappt.com](http://www.integrityappt.com)

View our schedule & Register on line

### Summer Edge Package

Integrity APPT Summer Edge Package is for Athletes that want to run faster, jump higher and be stronger. The Summer Edge sessions will include a warm-up, speed and agility training followed by resisted weight training. Each session includes personal instruction and motivation to help you reach your athletic goals. Speed, agility and strength testing is done monthly that will give you an Integrity Edge rating so you can track your progress. Included in the package are specific sessions once a week on topics such as:

- Lower Body Resisted Weight Training
- Upper Body Resisted Weight Training
- Sprinting Speed Technique
- Plyometrics for Jumping and Speed
- Nutrition for the Athlete
- Injury Prevention and Care
- Fitness Training
- Core Strength Training

### The Ultimate Summer Soccer Sessions Package

We have created the best off season summer soccer teaching tool available. Imagine a first class soccer skills clinic, speed and agility clinic and strength training program with loads of goals and motivation mixed in that lasts all summer and is conveniently available daily. This is a soccer players dream come true. The Summer Soccer Program sessions include a technical warm-up with the ball, speed and agility training followed by resisted weight training. Speed, agility and strength testing is done monthly that will give you an Integrity Edge rating so you can track your progress. The package also includes specialty sessions weekly on topics such as:

- Finishing- Goals, Goals, Goals...learn to take your chances
- Ball Striking - Drive it, Chip it and Bend it
- Creative Dribbling
- Playing the Ball out of the Air- Receiving, Volleys and Headers
- Upper and Lower Body Resisted Weight Training
- Sprinting Speed
- Core Muscle Training
- Plyometrics for Jumping and Speed
- Nutrition for the Athlete
- Injury Prevention and Care

**Cost \$350** for June - August includes 5 sessions a week, access to weight area and speciality sessions.  
(Can also pay monthly - \$125)