

Sports Advantage

Key Components

- Speed
- Agility
- Strength
- Flexibility

Including:

- Weight Training (age appropriate)
- Cardio Training
- Plyometric Training
- Nutrition Information.

Personalized training to help you become a better athlete

Limited to the first 20 participants per session

Monday - Thursday

Session 1: June 3rd – June 20th (12 days)

8:00 – 9:45 OR 10:00 – 11:45

Session 2: June 24th – July 12th (12 days)

(No Class July 4th – made up following Friday)

8:00 – 9:45 OR 10:00 – 11:45

Session 3: June 3rd – July 12th (24 days)

12:00 – 1:00 (WEIGHTS ONLY)

\$80 for a single session - \$140 for 2 sessions - \$210 for 3 sessions

Contact Mr. Leithold for more information @ 323-4550 ext. 5076

derrick_leithold@bismarckschools.org

Sports Advantage

Preliminary Sign Up

More information will be sent out after initial signup is received.

Name: _____

Current Grade: _____

Parent Name: _____

Phone: _____

Email: _____

Adult T-Shirt Size: _____

Please choose which sessions: Can sign up for one, two, or all three! Then pick your time!

Monday – Thursday

_____ Session 1 – June 3rd – June 20th (12 days)
_____ 8:00 – 9:45 OR
_____ 10:00 – 11:45

_____ Session 2 – June 24th – July 12th (12 days) (No Class July 4th – made up following Friday)
_____ 8:00 – 9:45 OR
_____ 10:00 – 11:45

_____ Session 3 – June 3rd – July 12th (24 days)
12:00 – 1:00 (WEIGHTS ONLY)

\$80 for a single session - \$140 for 2 sessions - \$210 for 3 sessions

Checks can be made out to Derrick Leithold

Please return to Mr. Leithold (Room 194)

Contact Mr. Leithold for more information @ 323-4550 ext. 5076
derrick_leithold@bismarckschools.org