

TAD's FEB/MAR SESSION

8 week program

\$10.00/session when paid in advance. \$15.00/ session drop-in rate.

**Assessment Day—MON Feb. 1st & TUE Feb 2—6pm all groups!
Final Assessments—WED March 24 & THURS March 25.**

Sessions can be prorated for athletes who cannot attend class 2 times per week. We do ask that you schedule both assessment days!

Drop in rate will remain \$15.00 for athletes who do not pay for 8 week session at time of signup! (signups DO NOT need to be at the beginning of 8 week session)

DON'T FORGET — if you cannot attend a scheduled class you **MUST** call ahead to cancel AND reschedule! If you call ahead you can make-up that class. **NO MAKE-UPS** for classes that were not cancelled ahead! Call 348-6339 or email info@tadsports.net

SOFTBALL & BASEBALL Lessons (pitching, hitting, fielding, throwing) now available at TAD!

NEW PROGRAMS:
INTERVIEWING NOW For Total Athlete Program & Total Fit Challenge!



February 2010

If you cannot attend a session you have scheduled you **MUST** call in advance to cancel and reschedule. If we do not have athletes scheduled for a class listed we will not hold the training session. Classes must have at least 4 athletes scheduled.

Athletes Name: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ASSESS- MENT—6p— FUN/LTT/TTW	2 ASSESS- MENT—6p— LTT/TTW	3 Adult— 5a Adult—6a LTT—6p TTW—7p	4 Adult— 9a TTW—5p LTT—6p	5 Adult— 5a Adult—6a	6 MMA—10a Strongman— 12p
7 1p— LTT/TTW	8 Adult— 5a Adult—6a LHS—4p FUN—5p LTT—6p TTW—7p	9 Adult— 9a TTW—5p LTT—6p Baseball —7p	10 Adult— 5a Adult—6a LTT—6p TTW—7p	11 Adult— 9a TTW—5p LTT—6p	12 Adult— 5a Adult—6a	13 MMA—10a Strongman— 12p
14 1p— LTT/TTW	15 Adult— 5a Adult—6a LHS—4p FUN—5p LTT—6p TTW—7p	16 Adult— 9a TTW—5p LTT—6p Baseball —7p	17 Adult— 5a Adult—6a LTT—6p TTW—7p	18 Adult— 9a TTW—5p LTT—6p	19 Adult— 5a Adult—6a	20 MMA—10a Strongman— 12p
21 1p— LTT/TTW	22 Adult— 5a Adult—6a LHS—4p FUN—5p LTT—6p TTW—7p	23 Adult— 9a TTW—5p LTT—6p Baseball —7p	24 Adult— 5a Adult—6a LTT—6p TTW—7p	25 Adult— 9a TTW—5p LTT—6p	26 Adult— 5a Adult—6a	27 MMA—10a Strongman— 12p
28 1p— LTT/TTW						

MMA — Mixed Martial Arts School
Baseball—Arm Acceleration/Arm Care
Softball—Group Pitching Lessons
FS—Female Group Strength Training
MS—Male Group Strength Training

FUN—Fundamentals Age 8-10
LTT—Learning to Train Age 11-14
TTW—Training to Win 15 Up
Adult—Group Training

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