

TAD's FALL SESSION

8 week program
\$160.00 (16 total sessions)

Assessment Day—MON Oct 5th
& TUE Oct. 6th

Final Assessments—WED Nov.
25th. (all classes)

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 sign up for "8 week session".

DON'T FORGET — if you cannot attend a scheduled class you MUST call ahead to cancel. 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

More Arm Acceleration programs will start in NOV.

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

COMING SOON:
Preschool Classes
TOTAL Athlete Program



October 2009

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	2	3
	ASSESSMENTS					
4	5 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	6 Adult- 9a TTW-5p LTT-6p	7 Adult- 5a Adult-6a LTT-6p TTW-7p	8 Adult- 9a TTW-5p LTT-6p	9 Adult- 5a Adult-6a	10 MMA-10a
11 Ttw/Ltt-10a Softball- 4:30p	12 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	13 Adult- 9a FS-4p TTW-5p LTT-6p	14 Adult- 5a Adult-6a LTT-6p TTW-7p	15 Adult- 9a MS-4p TTW-5p LTT-6p	16 Adult- 5a Adult-6a	17 MMA-10a
18 Ttw/Ltt-10a Baseball 2&3p Softball- 4:30p	19 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	20 Adult- 9a FS-4p TTW-5p LTT-6p Baseball-7p & 8p	21 Adult- 5a Adult-6a LTT-6p TTW-7p	22 Adult- 9a MS-4p TTW-5p LTT-6p	23 Adult- 5a Adult-6a	24 MMA-10a Strongman-12p
25 Ttw/Ltt-10a Baseball 2&3p Softball- 4:30p	26 Adult- 5a Adult-6a FUN-5p LTT-6p TTW-7p	27 Adult- 9a FS-4p TTW-5p LTT-6p Baseball-7p & 8p	28 Adult- 5a Adult-6a LTT-6p TTW-7p	29 Adult- 9a MS-4p TTW-5p LTT-6p	30 Adult- 5a Adult-6a	31 MMA-10a Strongman-12p

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

TAD's FALL SESSION

**Mid-Term Assessment Day—
NOV 1st @ 6p. — for any athletes who want mid term numbers or any athletes who missed the first assessment day.**

This mid-term assessment must still be scheduled. If we do not have at least 4 athletes schedule for class we will not hold the assessment day!

Drop in rate will remain \$15.00 for athletes who do not sign up for “8 week session”.

DON'T FORGET — if you cannot attend a scheduled class you **MUST** call ahead to cancel. If you call ahead you can make-up that class. **NO MAKE-UPS** for classes that were not cancelled ahead!

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More Arm Acceleration programs will start in NOV.

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COMING SOON:
Preschool Classes
TOTAL Athlete Program



November 2009

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 Ttw/Ltt—10a Baseball 2&3p Softball- 4:30p LTT/TTW mid-assessment—6p	2 Adult— 5a Adult—6a FUN—5p LTT—6p TTW—7p	3 Adult— 9a FS—4p TTW—5p LTT—6p Baseball— 7p & 8p	4 Adult— 5a Adult—6a LTT—6p TTW—7p	5 Adult— 9a MS—4p TTW—5p LTT—6p	6 Adult— 5a Adult—6a	7 MMA— 10a Strong- man—12p
8 Ttw/Ltt—10a Baseball 2&3p Softball- 4:30p	9 Adult— 5a Adult—6a FUN—5p LTT—6p TTW—7p	10 Adult— 9a FS—4p TTW—5p LTT—6p Baseball— 7p & 8p	11 Adult— 5a Adult—6a LTT—6p TTW—7p	12 Adult— 9a MS—4p TTW—5p LTT—6p	13 Adult— 5a Adult—6a	14 MMA— 10a Strong- man—12p
15 Ttw/Ltt—10a Baseball 2&3p Softball- 4:30p	16 Adult— 5a Adult—6a FUN—5p LTT—6p TTW—7p	17 Adult— 9a FS—4p TTW—5p LTT—6p Baseball— 7p & 8p	18 Adult— 5a Adult—6a LTT—6p TTW—7p	19 Adult— 9a MS—4p TTW—5p LTT—6p	20 Adult— 5a Adult—6a	21 MMA— 10a Strong- man—12p
22 Ttw/Ltt—10a Baseball 2&3p Softball- 4:30p	23 Adult— 5a Adult—6a FUN—5p LTT—6p TTW—7p	24 Adult— 9a TTW—5p LTT—6p Baseball— 7p & 8p	25 Adult— 5a Adult—6a LTT—6p TTW—7p	26 HAPPY THANKSGIVING!	27	28
29	30		ASSESSMENTS			

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