

Still got Questions?

We are here for you. Call us and we can work out a package that caters to your individual needs.

Contact us at the following:

Xcel Sportsplex:

Phone: (828) 684-7898

Fax: (828) 684-7899

Mobile: (828) 329-8227

E-mail: michael@mooreandson.net



"Where there are no limits"...

Michael Gaines
Director of Facilities

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Hendersonville, NC
28791

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"First Step"

Vertimax V8+ Strength & Conditioning Training

@
Xcel Sportsplex

"Where there are no limits"...



Tel: 828-684-7898

First Step Program

*****Please consult your physician before beginning any new exercise program. Especially if you have ankle, knee, hip, back or neck injuries.**

The "First Step" program is jump training, speed and quickness on initial athletic response designed for the beginner to the elite athlete. Our program utilizes specialized equipment and expertise training to enhance the speed, power and jumping ability of participants.

Participants receive:

- Supervised training designed to increase vertical jump
- Increased first step quickness and burst speed
- Mental toughness training and a competitive edge
- Reduction in the potential for injury

"First Step" Session II July 5th-July 30

10 – 1 hour session 12 opportunities to attend
Monday, Wednesday & Friday

(Minimum 3, maximum 10 participants per session)

Drop-ins welcome \$15.00 per session if space available

Girls Monday/Wednesday/ 5:30pm Friday 3:30pm
Boys Monday/Wednesday/ 6:30pm Friday 4:30pm

ages 11 and up

10 sessions - \$120.00, Single Sessions - \$15.00
pre pay via Check, Cash or Credit Card

For half hour Private sessions of strictly VERTIMAX Training \$10.00 per session. Schedule any day Monday thru Friday 9am - 5pm.

Include Arp Wave muscle loosening and recovery to your package. 828 -319-7270 ask for T.J.

A new session starts the first full week of each month.

Registration for each session starts after the first day of the current session

Session Dates:
August 2nd - August 27 September 6th - October 1st
October 4th - October 29 November 2nd - November 26

CUT ALONG THE LINE ABOVE AND RETURN BOTTOM APPLICATION WITH CHECK

Session I Application Form: First Step (Vertimax 8+, Strength & Conditioning Training)

Name: _____ Age _____ Grade _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Emergency Phone: _____

Email: _____

*****Please consult your physician before beginning any new exercise program. Especially if you have ankle, knee, hip, back or neck injuries. Be aware that there are risk in using ballistic training.**

I hereby authorize the director of Xcel Sportsplex and their staff to act for me according to their judgment in an emergency requiring medical attention for my child. Also, hereby waive and release the organization and its staff and any affiliates from any and all liability for any injuries incurred during training and while on the premises of xcel Sportsplex. I hereby warrant that my child is in good physical condition and capable of participating.

Participant Signature: _____ Date: _____

Parent or Guardian Signature: _____ Date: _____