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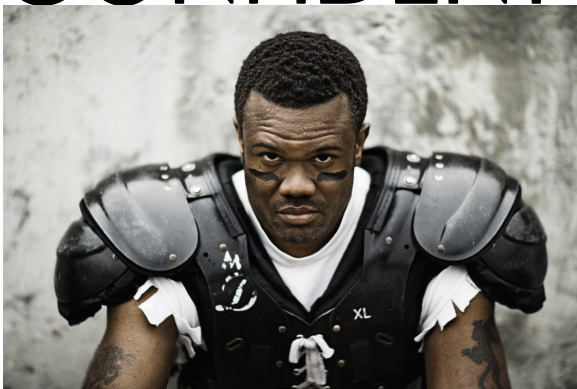
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GR8 Athletes



CONFIDENT



DEDICATED



DRIVEN to be GR8!

Success does not happen by accident

GR8 Athletes is a training service where each athlete is trained for their own unique needs; whether that's to improve muscle imbalances, core strength, flexibility, speed, agility, or mental focus. If you are willing to work hard I can provide you with the tools to exceed in your athletic pursuits. All sessions are individualized to your specific needs and goals!

Call today for a FREE initial consultation!

GR8 Athletes is only taking on a limited number of new clients so call today!



GR8 Athletes

Advantages
to training with
GR8 Athletes...



TRAINING CONVENIENCE

In your home or at a local park; I bring the fitness to you.



One-on-One TRAINING

Program designed for the specific needs of the athlete.

TRAINING EMPHASIS

FASTER
STRONGER
TOUGHER

Core Strength
Muscular Balance
Flexibility
Mental Toughness
Speed
Agility
Explosive POWER

OTHER Services

College recruitment assistance

COST

Training
1 Session: \$80.00
4 sessions: \$300.00
8 sessions: \$600.00
12 sessions: \$900.00
20 sessions: \$1500.00

COLLEGE Recruitment

Assistance in matching athlete with schools that offer the best opportunity for personal success

20 letters to the colleges of your choice

Liaison between coach and athlete

Price \$250.00

**** Sign-up for 12 training sessions or more and receive the recruiting service for FREE.**

Confident, Dedicated, and Driven to be GR8