

# Become a *FREAK* on the Hardwood!



## *SOAR Fitness Systems*

Basketball is a sport that requires a unique blend of speed, power, agility, strength and endurance. If you want to be the player that possesses all of those qualities, then you have to start training your body in addition to your basketball skill practice. Soar Fitness Systems offers a variety of programs that fit the needs and schedules of male and female basketball players ages 8 and up.

For beginner athletes ages 8 – 12, we recommend training twice per week in our 90 minute speed and strength training sessions. Athletes will learn proper footwork patterns, agility concepts, foundational strength and power techniques and core and flexibility exercises. Prices range from \$22 - \$28 per session depending on the number of sessions purchased.

We offer a few other options for the high school and college/pro level athlete. If you are involved in a demanding AAU program, then we recommend beginning in our supervised strength training program in the spring. The purpose of this program will be to restore and build lean mass, attack specific weaknesses and prepare the body for summer training. Speed and conditioning will be left out to ensure the body is fresh for AAU tournaments. All lifting memberships include programs designed by our head trainers and cost \$110 per month.

Once AAU season ends (June- July), its time to step it up. Athletes can train 3 – 5 times per week in our speed and strength training sessions. Footwork, change of direction, reaction and conditioning will all be introduced. Also, once a proper level of strength has been established, dynamic forms of vertical leap and power training will begin. Strength training programs will continue to be tailored to maximize results. All of this comes together with one goal in mind – **MAKING YOU THE MOST ATHLETIC BASKETBALL PLAYER POSSIBLE!** Full speed and strength memberships cost \$230 - \$260 per month.

Call Mike Kozak at SOAR – 614-306-9364 for more information about our programs in Lewis Center or Dublin.