



► summer 2009 schedule

Training at New England Sports Academy (NESAs), 345 University Avenue, Westwood, Massachusetts

► PRECISION ALL SPORT PROGRAMS

Athletic performance and injury prevention begins with developing stability, strength and flexibility in each and every athletes movements. Athletes will receive an individualized training program for their age, gender, sport, medical history and training experience. Workouts focus on speed, agility and body weight strength exercises. How fast an athlete can sprint short distances will be trained and improved on as well as their their ability to make quick and efficient directional changes from side-to-side, forward and backwards, backward and forwards, and every angle in between. As a result of the type of training provided in these sessions, individuals can establish the proper motor patterns that will ultimately lead to athletic success.

PRECISION JUNIORS All sports speed and strength training program for youth athletes ages 8-10, 1 hour
2 DAY \$375 8 weeks Tue./Thur. 2-3pm Sessions begin June 30

PRECISION M.S. All sports speed and strength training program for middle school athletes ages 11-13, 1.5 hours
2 DAY \$375 8 weeks Tue./Thur. 12-1:30pm Sessions begin June 30
3 DAY \$525 8 weeks Mon./Wed./Fri. 12-1:30pm Sessions begin June 29

PRECISION H.S. All sports speed and strength training program for high school athletes ages 14-18, 2 hours
3 DAY \$625 8 weeks Mon./Wed./Fri. 1:30-3:30pm Sessions begin June 29
4 DAY AM \$825 8 weeks Mon./Tue.Wed./Thur. 10am-12pm Sessions begin June 29
4 DAY PM \$825 8 weeks Mon./Tue.Wed./Thur. 3:30-5:30pm Sessions begin June 29

► PRECISION ON/OFF ICE SPEED CONDITIONING AT THE POND IN NORWOOD

An intense 2 hour speed conditioning clinic. Classes will be held to 16 players and will be split in two groups of eight. Each group will spend 45 minutes both on and off the ice as well as pre and post stretching.

GIRLS U10-U14 2 DAY \$575 8 weeks Mon./Wed. 1-3pm Sessions begin June 29
BOYS HIGH SCHOOL 2 DAY \$575 8 weeks Tues./Thurs. 1-3pm Sessions begin June 30

► PRE-SEASON SUMMER FOOTBALL CONDITIONING CLINICS

Athletes will train and prepare for the upcoming season at our facility. This 8 week program of either 3 or 4 days per week will have you ready for the upcoming season. Sessions are 2 hours and will be broken into groups by positions.

3 DAY \$625 8 weeks Mon./Wed./Fri. 8-10am Sessions begin June 29
4 DAY AM \$825 8 weeks Mon./Tue.Wed./Thur. 8am-12pm Sessions begin June 29
4 DAY PM \$825 8 weeks Mon./Tue.Wed./Thur. 5:30-7:30pm Sessions begin June 29

► ADULT BOOT CAMP

One hour, 2 or 3 days a week, high intensity, total body conditioning class designed to blowtorch fat off your body! Join the fat burning army today. It's the ultimate boot camp style workout designed to get you the body you've always wanted and look lean and mean in just 8 weeks.

2 DAY \$275 8 weeks Mon./Wed. 6-7am Sessions begin June 29
3 DAY \$375 8 weeks Mon./Wed./Fri. 6-7am Sessions begin June 29

For more information or to register call **781.329.8220** or visit **www.precision-ss.com**

Training Today's Athlete for Tomorrow's Competition ► ALL AGES ► ALL SPORTS