

Champion Sports Advantage 2020-2021 School-Year Sports Performance Small Group Training Schedule

Facility Location:

All Season Ice Rinks * 31W330 North Aurora Rd * Naperville, IL 60563

Champion Sports Advantage Training Information

CSA's Sports Performance Training is open to all athletes of all ages in which all training programs are individually designed based on the needs of the athlete and their sport. These needs are obtained through client information, assessment, in-depth video analysis and from observations within the gym. All training sessions will work on many facets of training, include my 7 pillars of strength, which allows an individual to become not only more powerful and stronger, but also a better athlete. This begins with a comprehensive dynamic warm-up followed by plyometrics and strength work, conditioning and post-workout restoration mixed into a thorough training plan.

Current Training Options & Pricing Structure:

★ Private Training	\$70 per training session
★ Semi-Private Training (2 athletes)	\$40 per training session
★ Small Group Training (3 to 6 athletes)	\$30 per training session
★ Online Training Programs - Strength/Recovery Workouts	varies based on needs of programming

2020-2021 School-Year Small Group Training Schedule

Monday	4:00 - 5:00 pm		
Tuesday	3:00 - 4:00 pm	4:00 - 5:00 pm	5:00 - 6:00 pm
Wednesday	3:00 - 4:00 pm	4:00 - 5:00 pm	
Thursday	3:00 - 4:00 pm	4:00 - 5:00 pm	5:00 - 6:00 pm
Sunday	11:15am - 12:15 pm	12:15 - 1:15 pm	

**schedule subject to change*

**more training sessions to be added if the need arises*

Sports Performance Training Rules:

1. Athletes at this time, must wear a mask in the gym and bring their own hand sanitizer as well as assist in cleaning
2. Athletes will be asked to assist in helping me clean and sanitize their equipment during their training session
3. Every athlete must register for the training sessions they would like to attend throughout the week
4. If you are unable to attend a training time you registered for, then please notify me by 6pm the night before to adjust your training session either at gikrug@championsportsadvantage.com or (630) 334-0827 in order to not be charged for missed training session
5. Training sessions are subject to cancellation as well as changes in time (*proper notice will be given*)
6. All checks should be made payable to **Champion Sports Advantage or CSA**