



A2 Athletic Acceleration

Mission

To prepare athletes to excel in the sport they love.

Our Values

We provide athletic training with RESPECT.

Responsibility: accountable for your own actions and outcomes

Energy: ready to perform at a high level

Support: recognize the unique needs of individuals

Passion: have a clear vision and plan

Education: be open to new learning

Confidence: believe in yourself

Teamwork: treat others with respect

The Athletic Training Program

We help athletes reach their athletic potential by developing and improving their *speed, quickness, agility, power and reaction.*

Each athletic training session focuses on posture, flexibility, technique, muscle development, endurance, and breathing. Emphasis is placed on CORE training which involves shaping and strengthening of the muscles of the abdomen, hips, butt, and lower back. Athletes are encouraged and supported to identify their personal goals and develop a plan.

The Sessions

A2 sessions are 90 minutes in length. All sessions are held at the **Athletes Evolve** exclusive studio gym on Wednesday's at 7:00pm and Saturday's at 9:30am. The training is conducted in a group setting under the supervision and guidance of a trainer. Although training occurs in a group, a spirit of personal achievement is fostered with each athlete striving towards his or her own personal goal. To achieve results from this program, athletes are required to attend all sessions and to put forth a high level of intensity on a consistent basis. The Fall sessions start on Saturday Oct. 4, 2008.

Address:

28 Wyndham St. North, Guelph, N1H 4E5

The Trainers

A2 is run by trainers Dwight Griffith and Patrick Nield. Together they bring over 15 years of training experience spanning a number of varsity sports. They are both First Aid/CPR certified through St. John Ambulance Certification training.

Dwight has 10 years of personal trainer experience training men and women at the individual and varsity team level and he holds a National Standard Personal Training Certificate. Dwight worked as a Weight Training Supervisor for five years at the University of Guelph. He was the strength and conditioning Coach of the 2004 - 2005 OUA Champion Guelph Gryphons Women's Basketball team.

Patrick is a former Guelph Gryphon All Star Varsity Athlete who has over 5 years experience training high school basketball players.

Training Packages:

Yellow – 10 sessions - \$300 - Introduction

Red – 15 sessions - \$450 – Pre-season Preparation

Blue - 25 sessions - \$700 – Pre-season Prep & in-season maintenance

Silver – 30 sessions - \$825 - Pre-season Prep, in-season maintenance, post season building.

Athletes who are enrolled in a "Shake True Hoops" skill program receive a 15% discount on their fee.