

FAR POST SOCCER CLUB

POULIN PERFORMANCE

Personal Training & Rehabilitation

Speed and Agility Training for Far Post

Poulin Performance is offering a speed and agility program for all Far Post players which emphasizes running technique, core training, quickness and speed training. Poulin Performance will be offering the training on Tuesdays from 5-6pm. This cutting edge training will improve each athlete's athletic capability and is sure to improve your speed, power and quickness all while decreasing the risk for injury. The Poulin staff is pioneers in the area of sports performance training and rehabilitation. This combination has helped numerous professional and amateur athletes achieve their highest level of success. Each session will include – Dynamic functional warm-up, speed ladder mechanics, agility drills, resistance training, core stabilization and strength, and cool down self myofascial release.

January-February		
Tuesday	12-Jan-10	5-6pm
Tuesday	19-Jan-10	5-6pm
Tuesday	26-Jan-10	5-6pm
Tuesday	2-Feb-10	5-6pm
Tuesday	9-Feb-10	5-6pm
Tuesday	16-Feb-10	5-6pm
March-April		
Tuesday	2-Mar-10	5-6pm
Tuesday	9-Mar-10	5-6pm
Tuesday	16-Mar-10	5-6pm
Tuesday	23-Mar-10	5-6pm
Tuesday	30-Mar-10	5-6pm
Tuesday	6-Apr-10	5-6pm

"In every player who participates in Poulin Performance Training we notice a significant difference in our player's athletic ability and confidence." Ben Hardy

Location: Champlain Valley Exposition (Robert E. Miller Complex), Essex Junction.

Cost: \$60 per player

Registration Deadline: We will only accept a maximum of 20 players to participate.

To register: Email Todd Kingsbury at todd@farpostsoccerclub.com.