

the
COMBINETM
functional strength and conditioning

**WINTER ATHLETIC PERFORMANCE CAMP
BOYS & GIRLS GRADES 5TH - 8TH**

WHAT

**STRENGTH, CONDITIONING, POWER,
SPEED, AGILITY, AND QUICKNESS
TRAINING FOR THE YOUTH ATHLETE**

WHERE

**MIDDLETON HIGH SCHOOL
FITNESS CENTER**

WHEN

**JANUARY 15 - FEBRUARY 21, 2018
MONDAYS & WEDNESDAYS 7:00PM-
8:00PM**

PRICE

\$144 FOR 12 SESSIONS

REGISTRATION

VIA EMAIL TO:

DAVE@COMBINESTRENGTH.COM

***PROVIDE NAME, GRADE, & ANY
HEALTH/MEDICAL CONCERNS**

Easy Payment made through Venmo to: dave@combinestrength.com

All Checks Payable to: The Combine

Payment Due Date: January 15, 2018

Contact Info: dave@combinestrength.com / brokeberg@mcpasd.k12.wi.us

Like us on Facebook for all the latest updates @ <https://www.facebook.com/The-Combine-147762068650567/>

This is not a school-sponsored activity and the Middleton-Cross Plains Area School District does not provide support or endorsement of this program/activity. It has neither reviewed nor approved the program, personnel, or activities announced in this brochure/flyer. Permission to distribute this material must not be considered a recommendation or endorsement by the school district.