



RIVERPLEX SPORTS PERFORMANCE

A PEORIA PARK DISTRICT PROGRAM

August – May

Sundays – 4:30pm, 5:30pm

Wednesdays – 6:00pm

Thursdays – 6:00pm

(90 minute sessions)

*Days/Times subject to change based on sport seasons and/or what works best for the group

Training Blocks (8 weeks):

BLOCK I – August 20 – October 11

BLOCK II – October 18 – December 15

*No Training November 22 and 23

BLOCK III – December 17 – February 18

*No Training December 24 and 31

BLOCK IV – February 21 – April 18

*No April 1st

Block Packages:

Single Session Add-On / Drop in - \$20

8 Session Block - \$135

16 Session Block - \$255

*****Sessions expire every 8 weeks**

Semester Unlimited - \$475

- 2 Blocks, 16 Weeks Total

Individual/Small Group Private Training Add-on

- \$15-25/session depending on group size and package purchase

***Accountability Discount**

- Refer a friend and receive \$25 off your next purchase, a T-shirt, or a free individual training session
Name: _____

***Team Discount**

- Register with 3+ members from the same team and all will receive \$25 off their purchase
- Limited to 16 session and Full Semester purchases only
- Names: _____, _____, _____

Full Facility RiverPlex All-Access Membership:

- Student-Athletes and their families currently participating in sports performance qualify for our discounted membership pricing starting at \$35/month! No initiation fee, no long term contract.
- Sign up at sales desk in lobby

(309) 282-1506

<https://riverplex.org/sports-performance>



**THINK | FUEL | PERFORM
WITH A PURPOSE**

Typical Workout Routine:

- Pre-Mobility
- Sports Psychology/Sports Nutrition/Mental Training
- Corrective Exercise/Injury Prevention/Neuromuscular Activation
- Dynamic Warm-Up
- Speed/Acceleration/Change of Direction
- Plyometrics/Power/Rate of Force Development
- Strength and Power
- Energy System Development/Competition
- Recovery/Cool-Down



Important Notes:

- Workouts will be individualized based on in-season/out of season, practice schedules, etc.
- Consistency is often more important than quantity!
 - Better to come once a week for 8 weeks than to come twice a week, take 3 weeks off, and then come back
- Communicate!
 - If injured, coming off a big game, etc., we can always modify the workout accordingly. If all you're able to do is recovery/mobility your session is free, but strongly encouraged to keep the consistent routine of coming in to do it!
- Student-Athlete
 - **Student comes before athlete. If a student-athlete's grades are struggling and it is due to their effort, their sessions will be put on a freeze until their grades improve.**

Registration Form (Do not need all information if already given to us)

Athlete's Full Name: _____ Today's Date: ___/___/___

Age: _____ Grade Level: _____ T-Shirt Size _____ Gender: (Circle One) Male Female

Primary Sport: _____ Secondary Sport(s) _____

Sport Position (if applicable) _____ School: _____

Athlete Phone: () _____-_____ Parent/Guardian Phone: () _____-_____ Email Address: _____

Emergency Contact Name: _____ Emergency Contact Relationship: _____

Emergency Contact Phone: () _____-_____ Emergency Contact Email: _____

Academic Season RpSp Program

Training Block dates on front page

No rollover of sessions between training blocks

___ Semester Unlimited - \$475

___ 16 Sessions - \$255

___ 8 Sessions - \$135

Time Slots: ___ Sunday 4:30pm ___ Sunday 5:30pm ___ Wednesday 6:00pm ___ Thursday 6:00pm

*** Allowed to change throughout, just want approximate numbers to ensure coach/athlete ratios. Always communicate ahead of time if needing to change session times

Front Desk registering participant: _____ Date: _____