

R.Y.F.P. 2018 Summer Program

Mondays/Wednesdays/Fridays

6:30am, 7:30am, 8:30am, 4:30pm, 5:30pm

(Sessions are 1.5 hours long)

May 28th – August 10th (11 Weeks)

****No training Wednesday July 4**



R.Y.F.P – Reach Your Full Potential with our most comprehensive and integrated training block. Mondays/Wednesdays/Fridays will be working on all aspects of athletic performance in a carefully periodized and individually planned program.

Typical Workout Routine:

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

Optional Tuesday/Thursday Add-On:

***Optional for Mon/Wed/Fri Package Only**

- ✓ Times TBD based on those who sign up
- ✓ Optional Add-On for those in the M/W/F package
- ✓ Basic additional Speed/Acceleration
- ✓ Open Gym /Sport and Position Specific Movement Skills
- ✓ Additional Recovery/Injury Prevention work

Additional Features:

- Pre & Post Kinetic Chain Assessment / Movement Screening
 - Individually prescribed injury prevention protocols
- Daily topics on sports psychology, sports nutrition, and motivation
- Weekly Consultations with OSF Sports Nutrition Dietitians
- Guest Passes for family utilization of the entire RiverPlex facility
 - Unlimited and 14 Session Packages only
- R.Y.F.P Performance Nutrition/Sport Psychology take-home packet
- Optional Tuesday/Thursday Regen/Movement Skills days
- T-shirt (must complete entire program to receive)



UNLEASH Your Potential

Registration Form (Do not need all information if athlete is currently training with 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: _____

Cell Phone:()____-____ Parent/Guardian Phone:()____-____

Email Address: _____

Emergency Contact Name: _____ Emergency Contact Relationship: _____

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

BE SURE TO FILL OUT A WAIVER AT THE FRONT DESK WHEN YOU DROP OFF THIS FORM, OR IF UNDER 18 HAVE PARENT / GUARDIAN WITH YOU THE FIRST DAY OF TRAINING

Training Commitments

11 Weeks, 90min sessions

____ Mon/Wed/Fri : \$399

*32 sessions possible!

*Payment Plans Available

____ Tuesday/Thursday Add-On : \$100

*Optional for M/W/F Package Only

Preferred Training Time

____ 6:30am ____ 7:30am ____ 9:00am

____ 4:30pm ____ 5:30pm

(Rank 1 – most preferable, 3 – least preferable)

____ Twice/Week* : \$330

*Payment Plans Available

____ Once/Week* : \$180

*Sessions can be made/used in advance for pre-planned events or commitments if approved by coach

*** 3+ People from same team sign up for Unlimited R.Y.F.P Program and receive \$25 off each

*** Refer a friend who's never been with us before and receive \$25 off your program

Session availability limited. To ensure your time slot register today!

Below is for office use only

TOTAL PAYMENT: _____

CSR registering participant: _____ Date: _____

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

