

# SPORT-SPECIFIC TRAINING OPTIONS

INDIVIDUAL/GROUP TRAINING | AVAILABLE FOR BOTH YOUTH & ADULTS\*



## BASEBALL/SOFTBALL

Improve your performance on the court with training specifically designed to increase strength, agility, and explosive power.



## DANCE

Strengthen muscles in lengthened positions, and increase flexibility and stamina with training created specifically for dancers.



## BASKETBALL

Improve your performance on the court with strength and conditioning created specifically for basketball players.



## GOLF

Resistance training to improve your golf swing. Unlock your body to drive the ball farther and straighter.




## HOCKEY

Training emphasizing hip and shoulder mobility, while increasing explosive strength and agility for hockey players.



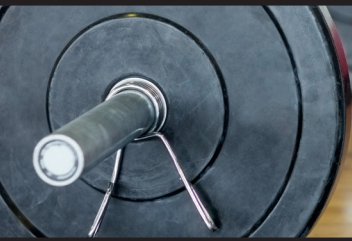
## TRACK

Track training is offered to any track and field athlete who wants to improve their technique.



## OLYMPIC LIFTING

Fix your flaws, tweak your form, and increase your personal bests.



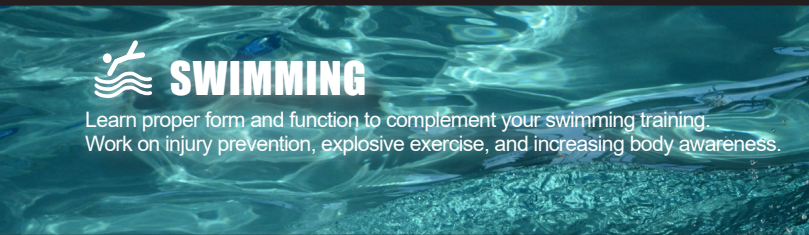
## FIGURE SKATING

Strength and conditioning designed specifically for skaters to improve core strength, flexibility, and endurance.



## SWIMMING

Learn proper form and function to complement your swimming training. Work on injury prevention, explosive exercise, and increasing body awareness.



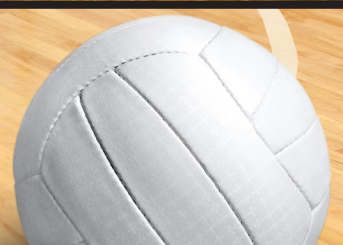
## SOCCER

Soccer training helps athletes improve strength, speed, quickness, and passing accuracy & consistency.



## VOLLEYBALL

Improve your skills on the court with strength and conditioning specifically created to increase vertical jump, explosive power, agility and strength.



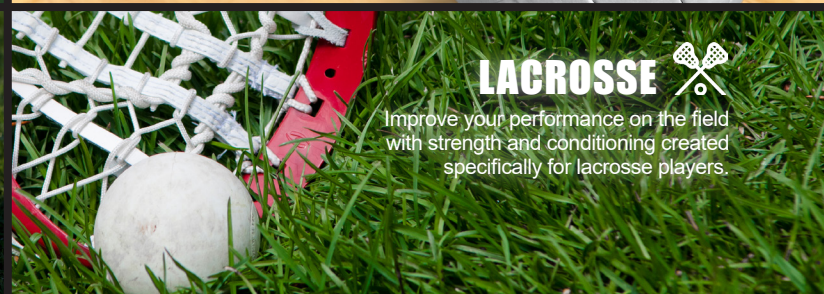
## FOOTBALL

Improve your performance on the field with strength and conditioning created specifically for football players.



## LACROSSE

Improve your performance on the field with strength and conditioning created specifically for lacrosse players.



# SPORT-SPECIFIC TRAINING OPTIONS

INDIVIDUAL/GROUP TRAINING | AVAILABLE FOR BOTH YOUTH & ADULTS\*

## TAKE YOUR GAME TO THE NEXT LEVEL.

Improve your strength, movement, speed, endurance, and technique through our sport-specific training. Through individualized training tailored for your sport, Choice Health & Fitness' sports performance trainers will help you make this season your best!

### TRAINING OPTIONS

- 1 INDIVIDUAL TRAINING (PRIVATE)
- 2 GROUP TRAINING (SMALL GROUP / TEAM)

### HOW TO REGISTER | FILL OUT THE FORM BELOW

Set-up a free needs analysis appointment with our sports performance training staff to determine the program(s) that best fits your goals. (701) 746-2790 | sportstraining@choicehf.com

## REQUEST A CONSULTATION

PLEASE FILL OUT YOUR CONTACT INFO AND CHECK THE SPORT-SPECIFIC TRAINING OPTIONS IN WHICH YOU ARE INTERESTED ON THE CHART BELOW.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Gender: M F  
 Parent Name(s): \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_  
 Parent Phone: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_ Alternate Phone # (work, mobile, etc.) (\_\_\_\_) - \_\_\_\_ - \_\_\_\_

SPORT	INDIVIDUAL TRAINING	SMALL GROUP	TEAM TRAINING
BASEBALL / SOFTBALL TRAINER: AUSTIN JACKSON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BASKETBALL TRAINER: BRYCE BLAIR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DANCE TRAINER: VERONICA LIEN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FIGURE SKATING TRAINER: CHRIS LANGEI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GOLF TRAINER: JARED CONNELL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HOCKEY TRAINER: CHRIS LANGEI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LACROSSE TRAINER: NADIA MORNEAU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OLYMPIC LIFTING TRAINER: AUSTIN JACKSON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOCCER TRAINER: ERIN MORRIS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SWIMMING TRAINER: JORID DAGFINRUD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TENNIS TRAINER: JARED CONNELL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TRACK TRAINER: LISA ROLLEFSTAD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VOLLEYBALL TRAINER: AUSTIN JACKSON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FOOTBALL TRAINER: BRYCE BLAIR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>