

STRENGTH & CONDITIONING PROGRAM INFORMATION

Junior Edge (Ages 8-11): On field coaching will train basic movement mechanics to increase athleticism, flexibility, conditioning, strength and to prevent or decrease poor movement habits. There will also be moderate nutrition coaching. While Junior Edge athletes make athletic improvements, they also build character, confidence and self esteem helping them on the playing field, in the classroom, and in life.

Cost: \$69 per month

Medina: Tuesdays, Thursdays & Fridays 5pm-6pm

Twinsburg: Mondays, Wednesdays & Fridays 5pm-6pm



Speed & Agility (Middle & High School): On-field coaching will train detailed movement mechanics for straight line speed, change of direction, jumping mechanics, deceleration, explosiveness and conditioning.

Cost: \$99 per month

Middle School Schedule: Medina: Tuesdays, Thursdays & Fridays 4pm-5pm

Twinsburg: Mondays, Wednesdays & Fridays 6pm-7pm

High School Schedule: Medina: Tuesdays, Thursdays & Fridays 4pm-5pm

Twinsburg: Mondays, Wednesdays & Fridays 4pm-5pm

All athletes will have unlimited use of scheduled and professionally coached Speed/Strength field sessions at either location.



Instructional Strength Training Program (Middle & High School): Classes will teach athletes strength training and the proper use of weight room equipment. Athletes will learn techniques, resistance training & other strength exercises. Athletes will also learn proper nutrition.

Middle School Strength Instruction: Age appropriate concepts of strength training & nutrition.

High School Strength Instruction: Age appropriate concepts of strength training & nutrition.

Cost: \$99 for 8-session program

All athletes are eligible for this program but all middle school athletes must participate in this program before access to the weight room is allowed.

Program is 4 weeks, 2 days a week for a total of 8 sessions. Call Pinnacle Sports/Edge for specific days/times.



Weight Room Access (High School Age or Older): Unlimited access to the weight room with strength and conditioning professionals supervising during all scheduled weight room hours.

Medina: Mon-Fri 3-6pm; Twinsburg: Mon-Fri 3-8pm, Sat 9-1pm

Cost is \$35 per month

All middle school athletes must complete an Edge Instructional Strength Training program prior to weight room access.

***ALL EDGE PARTICIPANTS HAVE ACCESS TO PROGRAMS IN BOTH FACILITIES (MEDINA AND TWINSBURG) PLEASE SEE APPROPRIATE SCHEDULE.**

Sport Specific Speed, Strength & Conditioning Program (Medina Only)

Pinnacle will be offering two sessions of EDGE Speed, Strength and Conditioning training to all of our young soccer, baseball and softball players this winter as an add-on to their program. These 6-week introductory physical training programs will be offered at the Medina location on **Mondays (Softball 5-5:50pm) (Baseball 6-6:50pm) (Soccer 7-7:50pm)**. Session I starts November 9th & Session II starts January 11th. Cost for each 6 week session is \$30 for Pinnacle class participants (\$50 for those not in Pinnacle classes). If interested, please check the box in the registration form and include the additional payment with your class registration fees. This training will focus on increasing speed and agility, improve movement mechanics & improve overall athletic conditioning and stamina. The training will also focus on nutrition/diet and ensure bodies are more resilient to injury. Other sport specific (Lacrosse, Volleyball, etc.) training will be offered but is not currently scheduled.

EDGE PERSONAL TRAINING

Adult Training: individual exercise prescription, guidance with nutrition/diet, increase flexibility, improve quality of life and change body composition

Athlete Training: increased resiliency to injury, increased explosiveness and power, increase speed and agility, nutritional guidance for optimal performance, increase range of motion and flexibility

EDGE TEAM TRAINING

Call Pinnacle Sports/Edge for prices/schedule

PINNACLE SPORTS/EDGE SPEED, STRENGTH and CONDITIONING PROGRAM REGISTRATION FORM

PLEASE PRINT

Participants Name: _____ Parents Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

DOB: _____ Email: _____

Where did you hear about us? (Friend, e-mail, mailing, website, etc) _____

PLEASE COMPLETELY FILL IN ALL INFORMATION BELOW (If multiple children, use bottom registration form for second child):

Participant 1 Name: _____ **Date of Birth:** ____/____/____

EDGE Name of Program _____ Day of Week _____ Class Time _____ Cost: _____
Name of Program _____ Day of Week _____ Class Time _____ Cost: _____

Participant 2 Name: _____ **Date of Birth:** ____/____/____

EDGE Name of Program _____ Day of Week _____ Class Time _____ Cost: _____
Name of Program _____ Day of Week _____ Class Time _____ Cost: _____

Please check the appropriate length of contract:

CREDIT CARD MUST BE ON FILE REGARDLESS OF LENGTH OF COMMITMENT

ONE MONTH Starting Date: ____/____/____

CONTINUOUS: Starting Date: ____/____/____

(Charged monthly fee until you cancel. Cancellation must be made three (3) days prior to ending period by emailing:
sauniab@pinnaclesports.org.)

**If paying with the continuous option by cash or check, the fee must be paid three (3) days prior to ending period or credit card will be charged.

COST: _____ AMOUNT ENCLOSED: _____ CASH: _____ CHECK #: _____

CREDIT CARD: VISA MASTERCARD **EXP. DATE:** _____

CREDIT CARD #: _____

I agree to abide by all the rules of Pinnacle Sports. I waive all claims against Pinnacle Sports for issues resulting from the activity. I agree that my photo may be used in future Pinnacle Sports publicity.

SIGNATURE _____ PRINTED NAME _____

RETURN APPLICATION ALONG WITH PAYMENT TO:

Pinnacle Sports 313 Medina Rd. Medina, OH 44256 or you can visit our website at www.pinnaclesports.org, visit The Edge page and download a registration form. For specific questions email us at info@pinnaclesports.org or call 330-239-0616.

Edge Participant Checklist

- Schedule athlete assessment (Cost \$35– Ages 12+)
Assessment activities include: 40 yard dash, pro agility shuttle, L-cone test, 300 yard shuttle, long jump, vertical, Vo2Max heartrate, range of motion (shoulder, hip, ankle), body composition, weight
- Download and complete an Edge Pre-Participation Form located at: <http://www.pinnaclesports.org/theedge.asp>

Edge Strength and Conditioning Coaches

Brian White NSCA-CPT-CSCS, Head Strength/Conditioning Coach, BS, Exercise Science, Kent State University
Jessica Markowski CSCS, PES, Assistant Strength/Conditioning Coach, BS, Exercise Science, Slippery Rock University
Kermit Pollard NSCA-CSCS, NPTI-CPT, Assistant Strength/Conditioning Coach, MS, Exercise Science, California University of Pennsylvania