

The Edge Sports strength and conditioning team will integrate their knowledge and expertise in the world of physical training into Pinnacle Sports programs. This training will focus on increasing speed and agility, improve movement mechanics and improve overall athletic conditioning and stamina. The training will also focus on nutrition and diet and ensure bodies are more resilient to injury.

Junior Edge (Ages 8-11): On field coaching that will help athletes improve speed, flexibility, coordination, and conditioning. 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 (DAYS & TIMES EFFECTIVE JANUARY 1ST, 2012)

Medina: Mondays & Wednesdays 5pm-6pm, Fridays (game day in Medina) 4pm-5pm

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



Speed & Agility (Middle & High School): On-field coaching will train detailed movement mechanics such as acceleration, full speed, agility, plyometrics, power, and conditioning.

Cost: \$99 per month (DAYS & TIMES EFFECTIVE JANUARY 1ST, 2012)

Middle School Schedule: Medina: Mondays, Wednesdays & Fridays (game day in Medina) 4pm-5pm

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

High School Schedule: Medina: Mondays, Wednesdays & Fridays (game day in Medina) 4pm-5pm

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



Instructional Strength Training Program (Middle & High School): Classes will teach athletes the proper use of weight room equipment, the proper strength training techniques, the proper weight they should lift, and the proper settings for each machine. Athletes will also learn about proper pre- and post-workout nutrition.

Cost: \$99 for 8-session program (DAYS & TIMES EFFECTIVE JANUARY 1ST, 2012)

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.

Medina: Tuesdays & Thursdays 4pm-5pm

Twinsburg: Tuesdays & Thursdays 5pm-6pm

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

Medina: Mon-Fri 3-8pm; Twinsburg: Mon-Fri 3-7pm, Sat 9-12pm

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 & TWINSBURG)**

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

It is a proven fact that athletic teams who physically condition and properly train outperform teams that do not. Proper conditioning, speed and agility skills and increased strength will give your athletes the Edge. Call Pinnacle Sports for prices/schedule

Edge Strength and Conditioning Coaches

Brian White NSCA-CPT-CSCS, Head Strength/Conditioning Coach, BS, Exercise Science, Kent State University
Derek Muffley Assistant Strength/Conditioning Coach, BS, Sports Management, Ashland University

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>

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