



2019 WINTER Elite Training Program

SXS Fitness Inc. is pleased to present the Winter Elite Training Program. Now that most of the athletes have shifted into the competitive season, this program will be a bit different than the off-season regiment. The training program will involve similar routines to the off-season training with the same intensity but with less volume in each workout. It is absolutely critical that the athletes spend time keeping their fitness levels up. This point can't be emphasized enough; ***gains made in the off season will diminish significantly if their fitness is neglected. More importantly the risk of injury also increases.*** If the athlete is NOT in competitive season, adaptations to the program will be made to accommodate their own specific needs.

Weekly Program Includes:

- Power training, Jumping, Bounding and Plyometrics
- Full Body Strength Training
- Speed, Agility and Quickness
- Flexibility and Mobility
- Cardio, Energy Systems and Conditioning work

For those athletes who aren't in the competitive season, program will be adapted accordingly to meet their specific requirements. All sessions will involve considerable focus and time spent on core strength, flexibility and mobility. Workouts at end of the week will be much lighter in order to be fresh for training/race days. FIS athletes in particular need to give me advance warning of their training/ race schedule so I can adjust their program accordingly.

DURATION: Each session will be approximately 1 hour in length

DATES: **MON. Jan 7 – FRI. Mar 29, 2019**

Due to the extremely variable schedule of the competitive season, the Winter Program will be loosely structured. For the most part there will be 4 training days per week (Monday-Thursday) but there will be odd weeks where there are only 2 or 3 days or no sessions at all (*March Break*).

There will be an email sent out before the beginning of each week to update the schedule.

SESSIONS: Most days there will be 2 sessions per training day* but depending on the week there may only be one session at either 4:15pm or 5:15pm. In that scenario all ages are welcome to that session.

U18/ U16: 4:15 – 5:15 pm

U14/ U12: 5:15 – 6:15 pm

** If there is a scheduling conflict, athletes can participate with a different age group upon special request.*



PACKAGES OFFERED

1) Flexi Packs

SESSIONS	BASE PRICE	COST/SESSION	PREPAID PRICE	COST/SESSION
8	\$256	32.00	\$240	30.00
12	\$384	32.00	\$350	29.00
18	\$540	30.00	\$495	27.50
24	\$660	27.50	\$500	25.00
50	\$1,100	\$22.00	\$950	\$19.00

* Prices do NOT include HST.

2) Drop-in

Rate: \$35 +HST per session (billed monthly, payable at end of each month).

PAYMENT OPTIONS

1. **Cash** or **Cheque** made out to SXS FITNESS INC.
2. **eTransfer** sent to stefan@sxsfitness.ca
3. **Payment Terminal** - Visa, Mastercard, AMEX, Debit
4. **Online Payment** - Visa, Mastercard (only)

ONLINE PAYMENT →

*** Please note that the prices do **NOT** Include HST.
Prepayment must be received by **Thursday January 24.** ***

1. There will be no credits for missed or unused sessions at the end of the Winter Program
2. Please indicate which option you plan on using by **Friday January 18.**
3. For those who are opting for the prepaid packages, payment must be made by **Monday January 28.**
4. Payment for standard packages are 50% by February 15, balance by March 31.
5. All cheques must be made out to SXS Fitness Inc, including HST.