

WINTER SERIES

Private Group Training for Elite Athletes

Sessions are developed to reach sport-specific goals to create more explosive and dominant athletes. Developed and led by *Danny Misheck*, Strength & Conditioning Coach and former collegiate Lacrosse player.

SERIES INCLUDES:

- Pre-testing on day 1, and post-testing on the final day
- Tracked progress throughout the series
- 3-4 athletes per group



High School / College

CHOOSE BETWEEN:

2/Week for 4 Weeks - \$160

3/Week for 4 Weeks - \$240

2/Week for 8 Weeks - \$320

3/Week for 8 Weeks - \$430

7th / 8th Grade

CHOOSE BETWEEN:

2/Week for 4 Weeks - \$160

2/Week for 8 Weeks - \$320

Contact Danny ASAP to Schedule

708-860-2904

dannymisheck@coresport.com

Time slots are limited and available on a first come, first served basis and fill up quickly.

Days/times are determined by your group. Payment for each participant is required in full. No refunds or make up credits for missed classes.

Due to scheduling logistics and the progressive nature of this series, we do not accept walk-ins or "fill-ins."

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Lower Level
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