



Summer PERFORMANCE TRAINING



Program Highlights (S&C)

Elite Training: Sport-specific strength, power, and agility work led by certified coaches.

Performance Testing: Benchmark progress with speed, strength, and conditioning assessments.

Injury Prevention: Focus on mobility, recovery, and movement mechanics. As well as access to in-house athletic therapy.

Small Groups: Individualized attention with low athlete-to-coach ratios.

SPACES ARE LIMITED

AGE (BIRTH YEAR)	RATIO (COACH: ATHLETE)	WEEKLY SESSIONS	SESSION LENGTH	TIME OF DAY*	FULL SUMMER COST	
					OFF SEASON	IN-SEASON
2007+	1:04	2X-5X A WEEK	75-90 MINUTES	8:30 - 11:00	\$1,750 (5X/WEEK)	\$700 (2X/WEEK)
2010 - 2008	1:06	2X-5X A WEEK	75-90 MINUTES	10:30 - 12:30	\$1,575 (5X/WEEK)	\$630 (2X/WEEK)
2011-2012	1:08	2X-3X A WEEK	60-75 MINUTES	12:30 - 1:30	\$735 (3X/WEEK)	\$490 (2X/WEEK)
2013-2014	1:08	2X A WEEK	60 MINUTES	1:30 - 2:30	\$420	\$420
2011+	1:10	MON-THURS	60 MINUTES	2:30 - 3:30	\$30/SESSION	\$30/SESSION

CONTACT: DGLISIC@THEHILLACADEMY.COM