

High School Athlete Strength & Conditioning Program

Get ready for the Spring Season with this 10-week Minicamp, Directed by Strength & Conditioning Specialist Ethan Plante, C.S.C.S.

January 9th – March 14th

Mondays & Wednesdays for 10 weeks

3:00pm-4:00pm

Twice a week: \$300

Once a week: \$150



Complimentary T-Shirt Included
Pro-rates & team discounts available,
No membership needed
Limited Space Available

Contact Ron for more information

RMarocco@forecourtri.com / 401-333-4480

- **Speed**
- **Agility**
- **Acceleration**
- **Deceleration**
- **Power**
- **Strength**
- **Conditioning**
- **Vertical Jump**
- **Injury Prevention**
- **Athleticism**
- **Muscle Balance**
- **Mobility**
- **Flexibility**

This program is designed for athletes of all sports. Ethan Plante is an Exercise Physiologist and is certified by the National Strength & Conditioning Association. He also runs the X-Factor Strength & Conditioning Camp for High School Athletes.



Fore Court Racquet & Fitness Club
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