

2007 – 2008 Power Club

Due to the current Pro Bowl schedules and Thanksgiving week, we are moving back the start date for Power Club to:

Tuesday November 27th

Myth #1

Power Club is just football for football players

Myth #2

Power Club is a weight lifting program

Coach Eric Moore designed the Center Grove Power Club program years ago to provide the boys and girls in our community the opportunity to learn and improve:

Agilities
Flexibility
Plyometrics
“Form” Lifting
Circuit Training
Improved Balance
Speed Development
Proper Form Running
Core Muscular Development

Power Club training will benefit student-athletes in improving overall athletic performance and enhancing self esteem.

When: Tuesdays - Wednesdays - Thursdays **5:30-6:30**

Where: Old Maple Grove Elementary gymnasium

Cost: \$35 / month or \$90 for three months

Multiple sibling discounts available

Discounts available for athletes who can only attend 1-2 nights/wk

Ages: **Current boys & girls in 2nd through 7th grades**

1st graders will be accepted at the coaches' discretion

For further information:

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