2009
Power Club

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.

Begins: **Tuesday December 2nd**

Schedule: **Tuesdays - Wednesdays - Thursdays**
5:30-6:30 1st 2nd 3rd Grades
6:00-7:00 4th 5th 6th 7th Grades

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

FAQ: Club will begin on 12/2/08 and go until Christmas Break 12/18/08.
Club will resume on 1/6/09 and continue until Spring Break 3/26/09.
Based on participation, we will begin a 2nd club session after spring break.
On-site registration beginning December 2nd.

For further information:

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