## HAMMER PROGRAMS OVERVIEW

Hammer Premier Training Academy develops customized Speed, Strength and Conditioning programs that address the unique needs of athletes of all ages. This is accomplished by fully assessing each athlete's needs before starting out and setting attainable goals. Athletes are provided training on a one-on-one basis and/or part of a group session.

**HAMMER TRAINING BENEFITS:**

*Injury Prevention.
*First Step Quickness
*Explosive Power
*Muscular Strength and Power
*Balance and Coordination.
*Change of Speed
*Agility and Change of Direction
*Foot and Lateral Speed
*Aerobic and Anaerobic Endurance
*Efficient running and jumping form

The goal of each athlete is to become faster, stronger and more agile. More importantly, there is a thorough education about human performance, their body and ultimately develop a better understanding of how to train effectively.

**Contact us for more information:**
**info@hammeracademy.com**
**www.HammerAcademy.com**

HAMMER TRAINING ACADEMY
934 Massachusetts Ave
Cambridge MA 02139

# HAMMER

## TRAINING ACADEMY

# SPEED TRAINING PROGRAMS

**SPRING 2006**


Massachusetts:
934 Massachusetts Ave
Cambridge, MA 02139
(617) 899-5636

Rhode Island:
28 Goodin St, Suite 3
Pawtucket RI 02168
(401) 663 5889
Info@HammerAcademy.com
www.HammerAcademy.com

## MISSION

The Hammer Training Academy is dedicated to building better athletes and citizens by challenging each and every player to reach their true potential while cultivating their passion for athletics and sports.

## PHILOSOPHY

Hammer Training Academy is to focused on building one athlete at a time. We strive to provide a challenging and rewarding environment where athletics, education and fun meet. We do this by offering customized development programs, professional training and coaching to athletes who are striving to reach the "next level" in their development. Our focus is to build both the mental and physical skills while preparing our youth to be leaders both on and off the field.

***Soccer *Football *Basketball *Track & Field *Baseball *Field Hockey *Tennis *Lacrosse**

## HAMMER SPEED HIGHLIGHTS

- Professional Coaches
- Limited Class Sizes
- State of the Art Training Programs
- Custom Designed Speed Development Programs
- Tests and Evaluation of Speed, Agility, Flexibility, and Strength
- Videotape Analysis
- Training shirts for all athletes

**Call Today To Schedule A Speed Camp For Your Town, Team or School!!!**

**Individual & Semi-Private Training** - - Custom developed programs are designed specifically for each athlete according to strengths, weaknesses, goals, etc. Athletes are taught speed and quickness skills that apply to the sport they are involved in.

**Speed Academy Clinics** —The group class is designed in 4-week blocks to cover the entire content of the course material. The class meets once per week and athletes are given written material for home use and are continually evaluated on their progress.

**Advanced Speed Academy**—The Advance Academy is a progressive class that meets twice weekly over a 4-week period. During each training session, athletes are guided through fun and challenging workouts that are combined with homework to maximize improvement and ultimately help them become faster, stronger and injury resistant.

**Weekend Speed Camps** - - Hammer Academy hosts' 2-day weekend speed camps. Athletes are taught in several small group sessions on the techniques to improve speed and overall increase athletic ability. Camps are usually on Saturdays and Sundays from 9:00AM—12:00PM.

## COSTS

| | |
|---|---|
| **Weekend Speed Camp** | $150 |
| **4 week Speed Academy** | $239 |
| **4-week Advanced Academy** | $399 |
| **Individual Training** | *Call! |
| **Semi-Private Training** | *Call! |

*As low as $25 per hour

*Ask about group, team and referral discounts !!!*

**WWW.HAMMERACADEMY.COM**

**Week (s) registering for:** _____

Individual Training ____ Group Training_____

Speed Academy_____ Advanced Speed Academy_____

Team Name: _____ # of Sessions: _____

Sport:_____

First Name : _____

Last Name : _____

D.O.B : _____ Div last Played: _____

Address: _____

Town:_____ State: _____Zip:

_____

Parent's Name:

_____

Home Ph.:_____ Work Ph.:_____

Cell or Beeper#: _____

E-mail: _____

**Emergency Contact:**

Name:_____

Phone:_____

Name:_____ _____

Phone:_____

Physician's Name: _____

Phone:_____ _____

I certify that my child is in excellent physical health, and may participate in strenuous physical activities, or any sports to be played at clinic/camp. Permission is granted for my child to receive emergency medical treatment if needed, I hereby release **Hammer Training Academy** and their affiliated entities from any and all liability, claims, demands, and causes of action of personal injury, property damage and/or other loss suffered by my child in connection with his/her participation in the clinic/camp. I agree that you may photograph my child during clinic/camp and that you retain the rights to use these visual images in any manner you wish without compensation to my child. I represent that I am a parent/guardian to the minor named above, and agree that the grant and release contained therein binds the minor and me to all terms.

_____ Date _____