

Athletic Republic –Winston Salem will once again be offering winter training at the Winston Salem Soccerplex!

NEW THIS YEAR! In order to offer a wider array of training to fit your individual needs, our programs have been modified this year. An athlete can sign up for one, two or all three of the sports performance programs led by one of Athletic Republic's certified Athlete Development Specialist. **Sign up for any two programs and receive \$25 off your total or all three and receive \$50 off!**

1. Speed and Agility – These sessions will focus on teaching proper running mechanics, increasing explosive power, improving lateral movement and increasing foot quickness.

(10) wk. program beginning on November 28th and running through January 30th

Monday from 5pm – 6pm (Middle School) and 6pm – 7pm (High School), Friday 5pm – 6pm (3rd, 4th, 5th grade)

Cost - \$125 (12 spots available per session)

2. Strength and Conditioning – For the athlete needing to focus on getting stronger and increasing their anaerobic capacity. We will utilize body weight exercises, strength bands, and medicine balls among other tools to work on functional lower body, upper body and core strength.

(10) wk. program beginning on November 30th and running through February 1st

Wednesday from 5pm – 6pm (Middle School) and 6pm – 7pm (High School)

Cost - \$125 (12 spots available per session)

3. Introduction to Nike Vapor Strobe Training - The new Nike Vapor Strobes are the culmination of over 30yrs of research, development and practical application. The Strobes improve performance by enhancing visual skills such as focus, object tracking, anticipation timing, reaction time, balance/stability, visualization and peripheral vision. Seeing better gives players a competitive advantage because they are able to react faster and make better plays in critical conditions. Visit www.seesportbetter.com to learn more.

(8) wk. program beginning on December 4th and running through February 5th

Sunday from 2pm – 3pm (Middle School) and 3pm – 4pm (High School)

Cost - \$125 (Only 6 spots available per session!)

Register today at www.wssoccerplex.com!