



PERFORMANCE TRAINING

What is True AP?

Training program to help athletes of all ages and sports improve their overall athletic ability and reach their specific goals.

PROGRAMS – Summer 2013

St James School –17641 College Road - Hagerstown, MD

- Youth (ages 6-10) 6-7p / 7-8p
- Athlete (ages 11-13) 6-7p / 7-8p
- Elite (ages 14-18) 6-7p / 8-9p
- College Elite 8-9p
- Volleyball (ages 10-18) 7-8p
- Adult Challenge (ages 21+) 7-8p

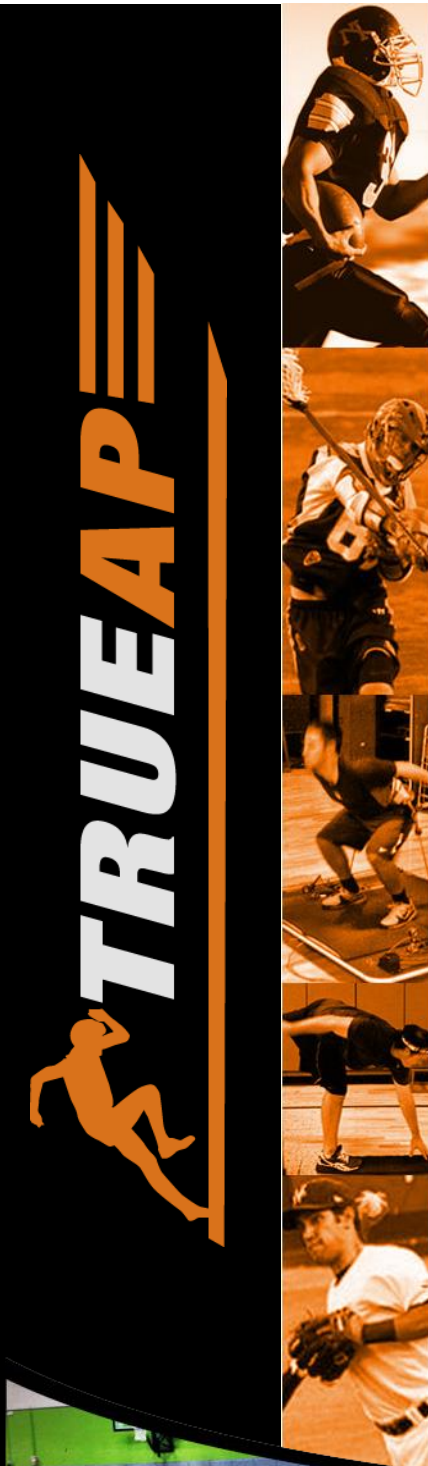
Questions? Contact Josh Daniels - jdaniels@trueap.com

DETAILS:

- DATES:** 6/17 – 8/7 - **START ANYTIME!**
- DAYS:** Monday/Wednesday
- LOCATION:** St. James School (Hagerstown, MD)
- COST:** Summer Pass - \$100

**Team Training Available at St. James or WE CAN TRAVEL TO YOU!*

**Individual and Small Group Training Options Available!*



TRUEAP



REGISTER NOW:

1. Go to www.TrueAP.com
2. Click "Registration" ----- "Maryland" ----- "Hagerstown Location"
3. Find Your Program and Follow Prompts to Register!
4. Questions? Contact Josh Daniels: jdaniels@trueap.com