

# SWIM SEASON IS ALMOST HERE...



Are YOU ready?

## DRYLAND & ATHLETIC CONDITIONING CLINICS

These clinics are led by Marcus Maxwell – former NFL wide receiver & CERTIFIED Elite Personal Trainer. Marcus has trained hundreds of athletes (young and old; recreational to professionals, including year-round competitive swim teams) and has developed a comprehensive **Dryland Conditioning Program for SWIMMERS** to MAXIMIZE their talents!



### MARCUS MAXWELL

**Certified Personal Trainer, NASM**

#### AREAS OF FOCUS:

- \* Core Activation
- \* Explosiveness
- \* Balance
- \* Stability
- \* Flexibility
- \* Mobility
- \* Power
- \* Functional Movement



### CLINIC DETAILS:

**Dates:** Tuesday's / Thursdays

March 10<sup>th</sup> – April 2<sup>nd</sup> --- TOTAL of 8 Sessions

**Times:** 3:15-4:00 – Beginner / Intermediate (recommended 5-10 years old)

\* **Cost: \$95 for 8 sessions**

4:00-5:00 – Advanced (recommended 11 & up)

\* **Cost: \$120 for 8 sessions**

**Location:** Elevate Basketball & Performance Training – 1041 Shary Circle, Concord  
(1 block from Costco) [www.elevatebasketballtraining.com](http://www.elevatebasketballtraining.com)

----- CUT HERE -----

**REGISTRATION – email:** [info@elevatebasketballtraining.com](mailto:info@elevatebasketballtraining.com) **to reserve your spot**

**Mail check and form below to:** ELEVATE Basketball & Performance Training  
1041 Shary Circle, Concord, CA 94518

**Check made out to:** Elevate Basketball & Performance Training

Participant 1: \_\_\_\_\_ Age: \_\_\_\_\_ Group (Beg/Int or Advanced) *circle one*

Participant 2: \_\_\_\_\_ Age: \_\_\_\_\_ Group (Beg/Int or Advanced) *circle one*

Participant 3: \_\_\_\_\_ Age: \_\_\_\_\_ Group (Beg/Int or Advanced) *circle one*