



Athletic Development Program

Exclusive opportunity open to the
Students of Lititz Christian School!

You Do Not Need to be
An Athlete to
participate...

See Page 2
for more details!



Who: For students of Lititz Christian ONLY who are entering grades 9-12.

What: Athletic Development Program offered at Tim's Fitness in Lititz.

- * Includes trainer developed and student completed weight training program
- * Instruction will be given on Injury prevention and Taking care of body
- * Sports Nutrition Information will be discussed
- * Guidance on how to prepare to become collegiate athlete (if desired)

Taught by: Rich Garcia, who is a Sports Performance specialist, Certified Master Trainer, and also a Certified Sports Nutritionist. Mr. Garcia has trained many professional athletes and has many experiences in training and nutrition. To learn more about him please refer to his website at gogsi.net.

Details: Offered to Varsity Athletes only: There will be a 9th and 10th grade group and an 11th and 12th grade group.

Dates: Every Tues. and Thurs. from June 21– August 11 (16 sessions)

*If you miss some sessions, make up dates are available– 16 sessions are guaranteed!

Time: 11:00 am- 12:00 pm (for 11th and 12th grade)

12:00 pm– 1:00 pm (for 9th and 10th grade)

Cost: \$215.00 for 16 sessions– includes insurance, information packets,

Please detach this Registration form and return by June 10!

Name: _____

Address: _____

Email: _____

Phone: _____

Grade Entering: _____

Please make checks payable to Lititz Christian School and submit with this form!