



## SOFTBALL OFF-SEASON TRAINING PROGRAM:

Program starts November and runs for 3 months (Nov/Dec/Jan) Athletes can train on a 2x per week plan or a 3x per week plan based on their schedules and availability.

### 2x Per Week Program

\$125.00 Per Month (breaks down to \$15.62 per session)

### 3x Per Week Program

\$150.00 Per Month (breaks down to \$12.50 per session)

<b>NAME:</b>	<b>GRADE:</b>
<b>ADDRESS:</b>	<b>PHONE NUMBER:</b> <b>EMAIL:</b>
<b>SCHOOL:</b>	<b>POSITION PLAYED:</b>
<b>SELECT THE MEMBERSHIP</b>  ____ 2x Per Week = \$125.00 Per Month  ____ 3x Per Week = \$150.00 Per Month	<b>SELECT THE DAYS YOU ARE AVAILABLE FOR TRAINING SESSIONS:</b>  ____ Monday ____ Tuesday ____ Wednesday ____ Thursday ____ Friday ____ Saturday

### Mail This Page To:

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[www.heplerstrength.com](http://www.heplerstrength.com)