



## On-Field Speed/Agility and Injury Prevention Training



### OVERVIEW

Tim Meyer, CATZ Sports Performance trainer and Lonestar Soccer Club coach, will be leading sports performance classes at LSC training facilities beginning February 2011. The 30 minute session will focus on activities that develop multidirectional, soccer specific speed and reduce the risk of common, non-contact injuries.

### DAYS/START TIMES/LOCATIONS

Mon. OR Wed. @ T&C - 4:25pm, 5:55pm

Tue. OR Thu. @ WCRP - 4:25pm, 6:35pm.

There will NOT be any training over Spring Break.

### DETAILS

- ✓ Sign-up ONLY through CATZ Sports.
- ✓ Sessions available to ANY LSC Select & Academy players.
- ✓ 20 players max in each session, first come, first serve.
- ✓ Packages cannot be shared among players.
- ✓ Packages are "Use it or Lose it"
- ✓ Packages are non-refundable

**CALL CATZ TO REGISTER TODAY 512-345-5547**

12611 Hymeadow Dr. Austin, TX 78729

For more information, email Tim @ [tmeyer@catzsports.com](mailto:tmeyer@catzsports.com)

### PACKAGES/PRICE 1x/WK-Academy Players

Spring 1 (Feb. 21 – Mar. 31) - 5 wks - \$59

Spring 2 (Apr. 4 - May 12) - 6 wks - \$69

**Spring 1 & 2 purchased together – 11 wks - \$109**

### PACKAGES/PRICE 1x/WK-Select Players

Spring 1 (Feb. 7 – Mar. 10) - 5 wks - \$59

Spring 2 (Mar. 21 – May 26) - 10 wks - \$109

**Spring 1 & 2 purchased together – 15 wks - \$139**

### PACKAGES/PRICE 2x/WK

Academy-Spring 1 OR 2 Only-\$109

Select-Spring 1-\$109 OR Spring 2-\$189

Academy-Spring 1 AND 2 -\$199

Select-Spring 1 AND 2 -\$259