



### 13 WEEK PROGRAM • January 3 - April 1, 2012

*"Everyday is My Day to Get Better"*

Welcome to Twist Conditioning's 2012 Winter Youth Athlete Conditioning Programs! Twist Conditioning is a progressive team, driven to re-define sport conditioning through knowledge, innovation and experience. Building champion athletes and winners in life is what we do. This Winter, we have a wide range of Sport-Specific Programs, as well as Athlete Development Programs for young athletes from the ages of 8-18 years old and from the beginner to elite level. Each session is 60 minutes in length and participants can choose to train 1, 2 or 3 sessions per week, depending on the Sport Program. Take your game to the next level today.

Cost: 1 session/week = \$24/session = \$312 • 2 sessions/week = \$20/session = \$520 • 3 sessions/week = \$18/session = \$702

#### WINTER PROGRAM SPECIALS

- **RENEWAL EARLY BIRD** – Winter 2011 members ONLY, renew your registration by December 2<sup>nd</sup> to receive \$50 off your Winter registration and to secure your current class spot.
- **FREE 1-ON-1 SESSION** - New Members – register by **December 23<sup>rd</sup>** and receive your 1-on-1 "Intro to Sport" Conditioning Session for FREE.
- **FREE TRIAL WEEKS** – Athletes new to TWIST can trial a Sport Conditioning Class for free during the weeks of Jan 2-8. Current athletes may also trial any class they have not yet participated in. Check online for Trial Class Schedule. Must pre-register.
- **BE MY GUEST; FREE 1-ON-1** – For the month of January, refer a friend or family member to private or group training and receive a free Under Armour Combine 360 Shirt. (exp. January 31)
- **FAMILY TRAINING (50% OFF)** – When 2 family members are registered, the 3<sup>rd</sup> and every other family member receive 50% off!

#### SPORT-SPECIFIC PROGRAMS:

<b>BASEBALL CONDITIONING</b>	Make this off-season count with Twist Conditioning's unique and innovative Baseball Development Program. Our 13 week programs will have you physically and mentally prepared for opening day. This program will utilize specialized baseball conditioning drills for speed, agility, rotary power, shoulder stabilization, injury prevention, balance, core strength, and multi-joint strength to make players more skilful, powerful and quicker.
<b>BASKETBALL CONDITIONING</b>	The Twist Basketball-Specific program will focus on building the physical parameters used in Basketball to make you a more skilful bball player. Learn how to move more efficiently and how to extract more power and speed out of your body. This program will develop rotary core power, speed, agility, quickness, full-body strength and power, leg power, anaerobic capacity, balance & core.
<b>*NEW* FIELD HOCKEY CONDITIONING</b>	Want to be ready for High School Field Hockey season, or make the Provincial or National Team? Sharpen your on-field strength, speed, quickness and conditioning in a 13 week field hockey-specific training program. Twist's field hockey training paradigm builds STONGER, FASTER and SMARTER players. Kate Perry, former Division 1 NCAA Field Hockey player alongside Twist Field Hockey Strength and Conditioning Coaches, will coach you through this program that will focus on developing balance, movement, strength and conditioning to enhance on-field performance.
<b>HOCKEY CONDITIONING</b>	The Twist In-Season Hockey Conditioning Program is designed for players to make physical gains in speed, quickness, strength, reaction, agility, anaerobic conditioning and stride power during the season. Players will train these physical parameters utilizing Peter Twist's world famous hockey conditioning methods in one, two or three 60 minute workouts per week. Don't wait until the season is over to train, it's too late; capitalize on this 6 month period with Twist's structured hockey-specific conditioning program.
<b>SOCCER CONDITIONING</b>	Twist's Soccer conditioning program will focus on improving soccer-specific strength, power, and movement skills through Peter Twist's innovative functional training systems. The development of linked system strength, rotary power, sport core, speed, agility and quickness will give you the boost needed to win challenges to the ball and elevate your game.

#### ATHLETE DEVELOPMENT PROGRAMS:


<b>ATHLETE RECOVERY &amp; REGENERATION ARR</b>	5-10 minutes of stretching after your practice or game is just not enough. Experience a new freedom in your movement by releasing tension in muscles, constriction in joints and adhesions in fascia. This new program features systematic self-myofascial release techniques, Trigger Point Performance Therapy™ self massage methods and mobility. These sessions will not only help your body recover, they will increase your functional range of motion, improve muscle pliability, decrease muscle soreness and enhance your body's flexibility. Give your body the regeneration it needs and the recovery it deserves.
<b>ATHLETIC STRENGTH DEVELOPMENT ASD</b>	Get Twist Strong. The athletic strength development program will build functional strength for greater sport performance through a neuromuscular training philosophy based on training movement, not muscle. ASD is about building athletic movement, linked-system strength, power, transitional balance, neuromuscular coordination, mind-muscle integration, and sequential muscle firing from the inside out. Coaches will identify and train up weak links in the kinetic chain, build core stability & strength, increase joint mobility & stability, and build full-body integrated strength. Age groups are 12-14 and 15+ (grouping may depend on maturation).
<b>ENERGY SYSTEM DEVELOPMENT ESD</b>	In Youth Sports, one of the most limiting factors in performance is an athlete's cardiovascular system or energy system. Many athlete's talents and skills are never truly shown because their energy systems are not developed enough to sustain the demands of a shift or a full game. ESD will focus on building both the aerobic and anaerobic energy systems so athletes can play to their true performance potential. Athletes will increase aerobic and anaerobic capacities through multi-directional interval training, linear intervals, hill running, bike sprinting, movement skill circuits, resistance & overspeed running, and muscular endurance training.
<b>SPEED, AGILITY &amp; QUICKNESS SAQ</b>	Speed, agility and quickness are three of the most important physical components for athletes. The Twist SAQ program will teach you how to move more efficiently through postural correction, biomechanical analysis and movement skill patterning. Once a foundation of movement is built athletes will focus on increasing their first step quickness, deceleration, explosive speed, reactivity and multi-directional movement skills. Become a quicker, faster and more reactive athlete with Twist's SAQ training methods.



<b>KID'S SPORT CONDITIONING (Ages 8-11 yrs)</b>	Kids Sport Conditioning will teach young athletes the foundational components of athleticism through a fun, dynamic and motivating training environment. Children between the ages of 8 and 11 are at a peak stage for nervous system development. This means that most of their body awareness, coordination, movement mechanics and balance will be developed by the age of 12 making it a critical time for youth athletes to train. The program will focus on developing movement not muscle. Balance, agility, quickness, core stability, posture, reactivity and strength will be trained through fun and challenging drills. Don't miss this window of opportunity.
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<b>REQUIREMENTS FOR NEW PARTICIPANTS</b>	All new Twist program participants must book an Introduction to Sport Conditioning Session. This is a one hour 1-on-1 Training session during which you will learn all of the major sport conditioning movement mechanics and postures. If you have trained with Twist Conditioning in the past you do not need to take this session. The cost of the session is \$50 and valued at \$85. All Introduction to Sport Conditioning Sessions need to be booked upon registering and completed prior to your first session.
<b>REGISTRATION</b>	<ul style="list-style-type: none"> <li>To register please fax (604-904-6558), mail or drop off your registration form to: Unit 12-1225 East Keith Rd, North Vancouver, BC, V7J 1J3</li> <li>All Registration forms must also be accompanied with an Intake form and Par-Q form.</li> </ul> Registration forms, Intake forms, and PAR-Q forms can be downloaded from our website at <a href="http://www.twistconditioning.com">www.twistconditioning.com</a>
<b>PRIVATE TRAINING</b>	<ul style="list-style-type: none"> <li>Add on a private training session to your program each week and work 1-on-1 with a Twist Sport Conditioning Coach. For more information on private 1 on 1 training packages please call 604-904-6556 (ext. 115) or visit <a href="http://www.twistconditioning.com">www.twistconditioning.com</a></li> </ul>

**WINTER PROGRAM SCHEDULE:**

YOUTH PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:00am - 12:00pm						SAQ	SAQ
	4:00 - 5:00pm	Hockey Kids Sport	ARR	Hockey	SAQ	Hockey Kids Sport		
	5:00 - 6:00pm	Hockey Baseball	Soccer/Bball ASD	Hockey ESD	Soccer/Bball ASD	Hockey Baseball		
	6:00 - 7:00pm		ESD		SAQ			
	7:15 - 8:15pm	Field Hockey						