



# Team Training

for SCHOOL SQUADS and REC LEAGUES

**Ultimate Athletics** is proud to partner with area cheer coaches who want to provide an additional training resource for their athletes. We are available to work with your school program or recreational cheer league to perfect skills and sharpen routines. Our state-of-the-art facility, with its elevated ceilings and matted surfaces, allows teams to practice in the safest environment possible. In addition, our highly trained and certified staff delivers top notch instruction ensuring your athletes perform their best.

## HS Training Sessions

### SUMMER

June 13 - Aug. 27  
(closed July 2 - July 8)

### FALL

Aug. 29 - Nov. 5

### WINTER 1

Nov. 7 - Jan. 14  
(closed Nov. 21-26  
and Dec. 19 - Jan. 1)

**Private Coaching** Tell us where you need help the most. We'll provide personalized skills instruction and a professional critique of stunts, pyramids, jumps, motions, tumbling, dance and overall routine.

**Choreography** Our talented staff can create an original routine that is customized to your athletes' strengths and abilities. Includes 8 hours of instruction and a professional competition music track.

**Tumbling Instruction** Take advantage of our impressive facilities and experienced

coaches. Enroll your athletes in team training at our gym and watch their confidence grow as they make progress and learn new skills.

**Stunting, Pyramids and Basket Tosses** Elevate your team's performance by learning the latest techniques from our certified coaching staff. We'll take your team through the proper progressions in order to attain the safest and most consistent execution of all the skills you choose to master.

**Facility Rental** We understand that many cheer programs are often left to practice in less than ideal locations and almost never have access to the proper training equipment. This becomes a concern especially when learning new skills. Reserve practice space for your team at Ultimate Athletics and rest easy knowing your athletes can explore their capabilities in a safe environment.

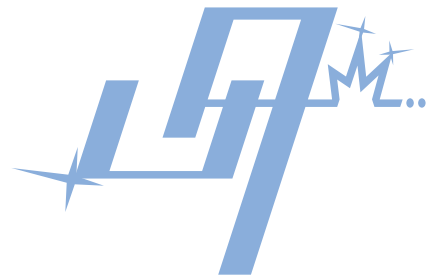
**Our newly remodeled 25,000 square-foot facility features all the amenities of a championship gym:**

- 4 Full-size floors
- 2 Rod floors
- 2 Tumble tracks
- 2 Trampolines - into resi & foam pits
- Fitness studio
- Pro shop
- On-site athletic trainer
- 5 Star power tumbling
- Dance studio
- Homework area
- Chiropractor / massage therapist
- Free WiFi
- State-of-art sound system
- Video surveillance DVR system
- Unobstructed viewing area
- Spray tanning service
- Coffee bar and deli

**Contact us today to set up a free consultation and see what Ultimate Athletics can do for you and your athletes.**

We are a  
**Royal Family Gym**





# Team Training Information Request

**(Please Print)** School Name \_\_\_\_\_

Contact Name \_\_\_\_\_ Title/Role \_\_\_\_\_

Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Mailing address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email 1 \_\_\_\_\_ Email 2 \_\_\_\_\_ Email 3 \_\_\_\_\_

**Which of your teams will be training with us?** (check all that apply)  Freshmen  JV  Varsity

How many athletes do you estimate will be on the team? Freshmen \_\_\_\_\_ JV \_\_\_\_\_ Varsity \_\_\_\_\_

**Please check the areas of service you are interested in receiving from us.**

Stunts  Pyramids  Basket tosses  Tumbling  Routine cleanup

How will your athletes be transported to the gym?  Personal vehicles  School bus  Other \_\_\_\_\_

How will your athletes be paying?  Individual payments  School provides one check

**Please check the session that you will be joining us for team training.**

**Summer** June 13 - Aug. 27  **Fall** Aug. 29 - Nov. 5  **Winter 1** Nov. 7 - Jan. 14

**Please indicate the days of the week and times that work best for your team training.** (The best time to maximize floor usage is from 4-5 pm)

Monday Time(s) \_\_\_\_\_

Tuesday Time(s) \_\_\_\_\_

Wednesday Time(s) \_\_\_\_\_

Thursday Time(s) \_\_\_\_\_

Saturday Time(s) \_\_\_\_\_

Sunday Time(s) \_\_\_\_\_

**ATHLETE RECRUITMENT POLICY**

We respect the time and effort you have invested in your program. In order to maintain positive working relationships with our school and rec teams, Ultimate Athletics will NOT attempt to solicit any athlete under your direction for All Star cheer while training at our facilities. We may, however, suggest classes and/or clinics for those athletes who desire additional training outside of their designated team training.

