



**Special offer!!**

**20% off classes at MFC for New Wave  
players and their family!!**

**8 sessions per month for \$79!!**

**Normally \$99!!**

**Your daughter has built up strength and conditioning through training with MFC over the past few months. While scheduled times with MFC are winding down, your daughter can continue to train with MFC at a discounted rate of \$79 for 8 sessions per month!**

**MFC offers classes 6 days per week that your daughter can train in. In these classes, she will continue to work on proper, functional, mobility-based strength training that gets kids strong in the essential movement patterns necessary for volleyball. This will allow her to keep her muscles strong, flexibility high, metabolism high, balance and coordination optimal, attention span and brain function at maximal levels, and overall happiness and well-being high!**

**Continued strength and conditioning can not only help to keep your daughter in great physical shape and ready to perform at her best, but can help set your daughter up for success in the classroom and put her in a confident frame of mind for everyday life!**

**Please call Adam Kamuda at 630-796-2537 or e-mail [Adam@MFCSportsPerformance.com](mailto:Adam@MFCSportsPerformance.com) to continue the strength and conditioning program! For more information, check out [MFCSportsPerformance.com](http://MFCSportsPerformance.com)**

**MFC Sports Performance - 8251 S. Lemont Rd. Darien, 60561**