

BURGGRAF IHPT™ TX Targeted Hockey Program

Individual High Performance Training Programs

Step up to our Level of Sports Specific Training!

Located on the 2nd floor in the rear of the Moorhead Sports Center
 324 24th St S Moorhead, MN behind Moorhead High School Parking in the MHS lot.

ALL SESSIONS BY APPOINTMENT IN OUR HIGH PERFORMANCE TRAINING CENTER

Program Highlights

- **Targeted specific training for the individual in each sport**
- **4 Phase 12 Month Programming Age Appropriate Levels Available**
- **Power Speed Quickness Strength Balance Stability & Proprioception**
- **Diet Exercise & Rest Principle TRAIN SMARTER...NOT HARDER!**

If you throw it, hit it, kick it, run with it, shoot it, or pass it... we can help you elevate your individual play and performance!

SESSIONS June – August MONDAY TUESDAY THURSDAY

Pricing for Sessions Limited Numbers per Session

***** Session fees based upon age & level *****

Level 1 8-12 years	9 one hour sessions 1 or 2 sessions a week....	\$250
	18 one hour sessions 1 session a week	\$450
Level 2 13-14 years	9 one hour sessions 2 sessions a week.....	\$300
	18 one hour sessions 2 sessions week ...	\$450
Level 3 15-+	18 one hour sessions 2 sessions a week ...	\$475
	27 one hour sessions 2 sessions a week ...	\$650

Team/Group Pricing Available 12 month Individual Package Programs Available

Group Rates Available **4 Participants per Session Payment Options Available

**We will allow a max of 6 for scheduling/make ups

Registration Form Please Return to:

BURGGRAF 6332 13th St N Fargo, ND 58102 fax 293-9406 phone: 293-5553

Name(s): _____ **Age(s):** _____ **Position:** _____

Address: _____ **City:** _____ **St:** _____ **Zip:** _____

Phone#: _____ **Emergency Contact:** _____

Medical Conditions: _____ **Previous Injuries:** _____

Visa/MC/Discover: _____ **Exp Date** _____

Level of Training: _____ **Sessions:** _____

EMAIL ADDRESS: _____ @ _____

Signed: _____

SPORT SIGNING UP FOR: _____

RELEASE OF LIABILITY

My participation is solely voluntary. I understand that my participation should not result in personal injury to me. However, I acknowledge that in the event of physical injury to me resulting from my participation in the BURGGRAF ISOTm Program, no medical treatment or monetary compensation will be provided by FB,Inc, it's staff, MSC, or it's staff. I must look to my own health insurance policies. I understand that the above named are not held liable for accidents, injuries or loss, however caused, from the drills or techniques associated in whole or part from the ISOTm Program.

Signed: _____ date: _____

“the big difference.... we do it professionally!” sm

HEPT™