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# B.E.S.T. Program for Athletes

Bolin's Elite Summer Training: Two 4-Week Sessions of Intense Athletic Training

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## What are the dates/times?

Session 1: June 6th-July 1st

Session 2: July 18th-August 12th

\*\*\*Each session is Monday-Thursday, 9am-Noon\*\*\*

\*\*\*Fridays will be an optional non-training day which may include trips to the beach, Wakulla Springs, movie day, or bowling with later pick-up times\*\*\*

## What can we expect from B.E.S.T.?

### Athlete Specific Training with Exponential Gains

1. Speed Training - (Footwork, Acceleration, Technique)
2. Endurance Training - (Cardio, Interval and Circuit Training)
3. Sport Specific Muscle Training - (Baseball, Volleyball, Soccer, Track/Field)
4. Core and Body Control Training - (Balance, Flexibility, Core Strength)
5. Power Training - (Weightlifting, Resistance Bands, Upper/Lower Body Strength)

### Enjoyable Experience at an Affordable Price

1. Everybody Knows Everybody
2. Quick Results
3. Learning of the Psychological Side of Sports
4. Fun Day Fridays
5. Affordable Investment Into Athletic Future

## How Do I sign up?

1. Turn-in Physical form and information packet to Coach Bolin
  2. COST is \$175 per session or \$250 for BOTH SESSIONS! (Sibling Deal Available)
  3. Current 6th-12th graders can sign up and must be approved by Coach Bolin.
  4. ONLY 16 SPOTS AVAILABLE PER SESSION! SIGN-UP NOW!
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**1. HAVE I TURNED IN MY PHYSICAL FORM? \_\_\_\_\_**

**2. NAME: \_\_\_\_\_**

**3. GRADE: \_\_\_\_\_**

**4. SPORTS: \_\_\_\_\_**

**5. HAVE YOU ATTENDED B.E.S.T. BEFORE? \_\_\_\_\_**

**6. WILL YOU ATTEND FUN FRIDAYS? \_\_\_\_\_**

**7. ARE YOU ALLOWED TO RIDE THE BUS? \_\_\_\_\_**

**8. WHICH SESSION WILL YOU ATTEND? 1 2 BOTH**

**9. WHAT DO YOU WANT TO ACCOMPLISH?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**10. PARENT CONTACT INFO:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**11. HAVE YOU PAID? \$175 \$250 Pay Plan No**

**12. PLEASE ATTACH COPY OF MEDICAL INSURANCE!**

**13. PLEASE SIGN AND ATTACH WAIVER!**