

Qualified Instructors:

Gary Bredehoft CSCS, ACE CPT

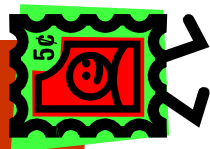
- USA Triathlon Certified Expert Level Coach
- Certified Strength & Conditioning Specialist
- ACE Certified Personal Trainer
- Red Cross Certified Life Guard
- ASEP Certified Coach
- Past Athlete Development Director-Midwest Region-USA Triathlon

Nikki Ford, MA, RD, LMNT

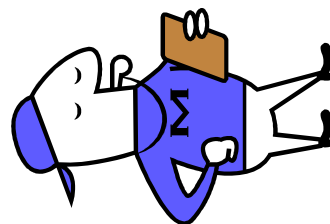
- Registered Dietitian
- Licensed Medical Nutrition Therapist

All Instructors CPR/First Aid Certified

Our Personal Coaching/Training Philosophy is to share knowledge of the fundamentals of the Activity/Sport with the client or athlete, through safe, enjoyable coaching/training techniques and methods. To assist the individual or athlete in setting, maintaining, monitoring, and achieving his or her goals, while developing self-confidence, discipline, and a feeling of self-worth. Above all, develop a lifestyle that will promote a lifetime of fitness and physical activity.

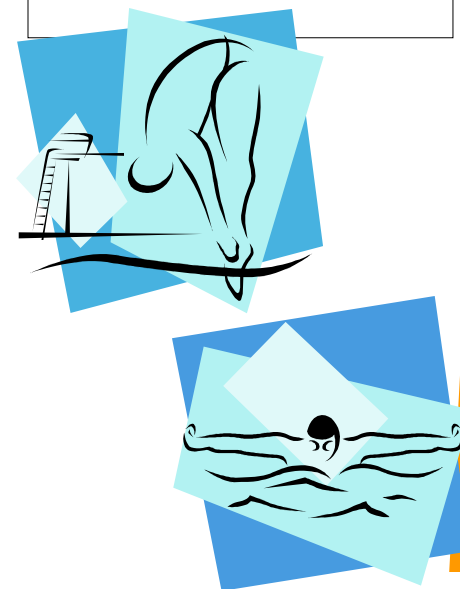


Tiger Coaching & Personal Training
2110 Winthrop Rd Suite 100B
Lincoln, NE 68502



Tiger Coaching & Personal Training

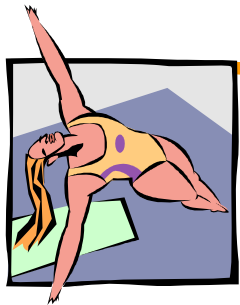
Swim/Diving Specific Athletic Conditioning



***Become a
better athlete through specific
athletic conditioning
Faster! Stronger! More Confident!***

***Nothing is ever achieved that stays in a
dream.....
TAKE ACTION!***

**Tel. 402-560-8280
Or 402-488-8280
coach@tigercoaching.com**



Tiger Coaching & Personal Training Swimming/Diving Specific Strengthening & Conditioning Program

TIGER COACHING & PERSONAL TRAINING SPORTS SPECIFIC CONDITIONING PROGRAM- REGISTRATION FORM

Sport Specific Conditioning Program

- Conditioning Program structured to improve performance in your sport
- Stay Motivated
- Improve Starts and Explosive Flip Turns
- Improve your Speed, Balance, & Power
- Learn and Perform Conditioning Drills
- Improve Strength
- Improve Flexibility
- Reach your Goals
- Nutrition Tips
- Stretching Techniques
- Sport specific Testing
- Learn Training Tips
- Fun and variety
- Qualified Trained instructors.

For more information contact:



Program Fee:

One-on-One Fees: — 12 sessions \$345

Two Athletes:— 12 sessions \$225

Four Athletes: — 12 sessions \$150

Above includes T-Shirt

Registration Age:

5th Grade to 12th Grade

What to bring:

Bring clothes to workout in, water bottle, sunscreen, & towel

Sessions:

Scheduled on an individual basis.

All workouts approx. 60 min., will be followed by flexibility training, stretching.

Conditioning:

Conditioning includes Sports specific Vasa Swim Trainer, Bosu Balance Trainer, Core Development, Injury Prevention Band Exercises, Plyometrics for explosive starts and flip turns & Specific Strength Training Program preformed by qualified trainers & coaches.

Sports Nutrition consultation included for each athlete.

Program Location for one to four athletes:

Tiger Training Fitness Center

2110 Winthrop Rd. Lincoln, NE 68502

(Aprox. 31st & South Street)

Tiger Coaching & Personal Training

2110 Winthrop Rd Suite 100B

Lincoln, NE 68502

Phone: 402-560-8280 or 402-488-8280

Fax: 402-488-2915

Email: coach@tigercoaching.com

www.tigercoaching.com

Individual registration form required for each participant (Include registration fee payable to Tiger Coaching)

Participant Name _____

Parent Name _____

Address _____

City _____ State _____

Zip _____ E-mail _____

Phone H. _____ W. _____

Male Female Date of Birth : _____

School Grade Fall 08 _____

Sport _____

Age _____ Weakness _____

T-Shirt size (circle): S M L XL

Program Fee \$ _____ (enclosed)

WAIVER

I know that participating in a conditioning program is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to partake the workouts of this event. I agree to abide by any decision of a Instructor relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, compete at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the training conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, the City of Lincoln, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

DATE _____

(If under 18, parent or guardian signature)