

Fundamentally Driven!!

Message going out to 2017 ITZ AAU teams

Late last night I announced an agreement between ITZ and *Coordinated Health's Fitness and Sports Performance* division. I'm excited about this program--every athlete can get faster, get stronger and get quicker. Here are the details of the program:

COMBINE TESTING: CH will test our players using electronic timers/measuring devices in 4 metrics: Vertical Leap, Long Jump, Pro Agility Drill and 20 yard dash. These are standard industry tests and have national databases of results for age and gender. CH will prepare a report for each athlete comparing their performance against these national averages. This will provide valuable insights on where the player needs to focus in order to get better and how they stack up against the competition.

Testing will take place this SUNDAY, Feb 26 starting at 9:00 am at In the Zone. Cost is \$15 (normally \$25). **PRE-REGISTRATION IS REQUIRED.** To register, go to [ITZ Event-Registration](#) (on ITZ website). Testing should take about 30 min. The first 30 people to register will go at 9:00 am, the next 30 will go at 9:30 am, the next 30 at 10:00 am etc. If all goes as planned with my website, you should know your show time as you sign up. There is no online payment process. ITZ is not handling payment for this. To pay, bring either CASH or CHECK to the testing. Checks should be made out to "Coordinated Health."

SPEED, AGILITY AND QUICKNESS (SAQ) TRAINING: These Performance Classes represent a comprehensive training program that addresses all aspects of sports performance, resulting in performance improvement and injury risk reduction. This is a quality focused program with an educational, fun environment. Coordinated Health Instructors will conduct the training at In the Zone, twice a week starting Monday, March 6, from 6:15-7:15 pm. The next class will be on Wednesday, March 8 same time. The following week training will be conducted Tuesday and Thursday 6:15-7:15. The following week will go back to Mon-Wed. This will continue until the end of May (basically its a 2 week training rotation, Mon/Wed then Tues/Thurs then back to Mon/Wed etc. All classes are 6:15-7:15.

This training is being offered in 8 sessions/4 week blocks. Ideally players should work out 2x a week. If players cannot make these ITZ specific sessions, they may attend any of the regularly scheduled sessions at the Coordinated Health facility, 2030 Highland Ave, Bethlehem, PA 18020 (about 10 min from ITZ). These classes are offered Mon, Tues, Wed and Thurs at 4pm, 5pm and 6pm and Saturday at 9am and 10am.

Cost for the training is \$80/month and includes 8 sessions a month. **If you sign up for this training, the \$15 Combine fee is waived.** The first 20 people to sign up get a free CH T-shirt. Payment is being handled by Coordinated Health. If you have any questions regarding the training or payments, or vacations, or anything not covered in this email, contact CH health directly, Steve Hultgren, shultgren@coordinatedhealth.com.

To SIGN-UP for the class, please visit CH website: [ITZ/CH SAQ registration](#)

Training Dates at ITZ:

March 6, 8, 14, 16, 20, 22, 28, 30

April 3, 5, 11, 13, 17, 19, 25, 27

May 1, 3, 9, 11, 15, 17, 23, 25.

6:15-7:15 pm every day.

Regards,

Steve Turpening

