

MISSION

The Hammer Training Academy is dedicated to building better athletes and citizens by challenging each and every player to reach their true potential while cultivating their passion for athletics and sports.

PHILOSOPHY

Hammer Training Academy is focused on building one athlete at a time. We strive to provide a challenging and rewarding environment where athletics, education and fun meet. We do this by offering customized development programs, professional training and coaching to athletes who are striving to reach the "next level" in their development. Our focus is to build both the mental and physical skills while preparing our youth to be leaders both on and off the field.



METHODOLOGY

Hammer Training Academy develops customized Agility, Speed, Strength and Injury Prevention programs that address the unique needs of athletes of all ages. This is accomplished by fully assessing each athlete's needs before starting out and setting attainable goals. Athletes are provided training on a one-on-one basis and/or part of a group session. The goal of each athlete is to become faster, stronger and more agile. More importantly, there is a thorough education about human performance, their body and ultimately develop a better understanding of how to train effectively.



www.HammerAcademy.com



HAMMER TRAINING ACADEMY
934 Massachusetts Ave
Cambridge MA 02139



HAMMER

TRAINING ACADEMY



STRENGTH & AGILITY TRAINING PROGRAMS 2006

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(617) 899-5636

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INTRODUCTION

The **Hammer Strength & Agility Camp** is an intensive program designed to increase strength, flexibility and explosive power with an additional focus on injury prevention. It consists of warm-ups, upper and lower extremity functional strengthening exercises, plyometrics and jumping/landing strategies, and anticipated and unanticipated agility drills.

Bone & Joint Surgery

** American Academy of Orthopedic Surgeons.

Soccer



Track



Baseball



Basketball



Football



HIGHLIGHTS

- Ongoing testing and evaluation of correct running, jumping and landing techniques
- Explosive jumping drills (plyometrics) designed to protect the knee from injury
- Calisthenics and Isometric training (Sit-ups, Push-ups, etc)
- Core training to strengthen the torso
- Flexibility training (appropriate stretching and strength training exercises)
- Agility drills to increase quickness and reaction abilities
- Sport psychology coaching to improve mental toughness

Individual & Semi-Private Training - -

Custom developed programs are designed specifically for each athlete according to strengths, weaknesses, goals, etc. Athletes are taught Strength and Agility skills that apply to the sport they are involved in.

Strength and Agility Clinics —The group class is designed in 4-week blocks to cover the entire content of the course material. The class meets once per week and athletes are given written material for homework and are continually evaluated on their progress.

Advanced Strength and Agility Clinics — The Advance Academy is a progressive class that meets twice weekly over a 4-week period. During each training session, athletes are guided through fun and challenging workouts that are combined with homework to maximize improvement and ultimately help them become stronger, agile and injury resistant .

Weekend Strength and Agility Camp - -

Hammer Academy hosts' 2-day weekend Strength and Agility camps. Athletes are taught in several small group sessions on the techniques to improve strength and overall increase athletic ability. Camps are usually on Saturdays and Sundays from 12:00PM—

COSTS

Weekend Strength & Agility Camp	\$99
4 week Strength & Agility Program	\$239
Advanced Strength & Agility	\$399
Individual Training	*Call!
Semi-Private Training	*Call!
*As low as \$25 per hour	
<i>Ask about group, team and referral discounts !!!</i>	

Week (s) registering for: _____

Individual Training _____ Group Training _____

Strength Academy _____ Advanced Strength Academy _____

Team Name: _____ # of Sessions: _____

Sport: _____

First Name : _____

Last Name : _____

D.O.B : _____ Div last Played: _____

Address: _____

Town: _____ State: _____ Zip: _____

Parent's Name: _____

Home Ph.: _____ Work Ph.: _____

Cell or Beeper#: _____

E-mail: _____

Emergency Contact:

Name: _____

Phone: _____

Name: _____

Phone: _____

Physician's Name: _____

Phone: _____

I certify that my child is in excellent physical health, and may participate in strenuous physical activities, or any sports to be played at clinic/camp. Permission is granted for my child to receive emergency medical treatment if needed, I hereby release **Hammer Training Academy** and their affiliated entities from any and all liability, claims, demands, and causes of action of personal injury, property damage and/or other loss suffered by my child in connection with his/her participation in the clinic/camp. I agree that you may photograph my child during clinic/camp and that you retain the rights to use these visual images in any manner you wish without compensation to my child. I represent that I am a parent/guardian to the minor named above, and agree that the grant and release contained therein binds the minor and me to all terms.

_____ Date _____