

# ZONE BAND TRAINING

For summer strength and conditioning we use Hope college basketball coach matt Neil and ZONE Focused sports Performance. The ZONE focuses on stabilizing the core muscles so that the rest of the body can function to its maximum potential. The ZONE is very intense, and extremely effective at producing results. The "flex bands" are used by many professional and collegiate teams. To learn more visit their website @ [www.zonetsp.com](http://www.zonetsp.com). we will train Monday and Wednesday mornings starting the week of July 11 with coach Neil starting the week of July 18. The total cost is \$144.00 (\$12.00 x 12 sessions) HOWEVER, only half of the payment (\$72.00) is due on Friday, June 3.

DAYS & DATES	TIMES	TOTAL COST
MONDAYS & WEDNESDAYS STARTING THE WEEK OF JULY 11 (COACH NEIL STARTS JULY 18)	VARSIITY: 7:30-9:45ISH F/JV: 9:30-11:00	<b>\$144.00</b>

**\$72.00 IS DUE FRIDAY, JUNE 3.**

I paid \$72.00 (or other amount) \_\_\_\_\_  
with check # \_\_\_\_\_ or CASH

I owe \_\_\_\_\_ on/or before Monday, August 8th  
((\$72.00))

cut and KEEP the top portion for your records. Please bring bottom portion with payment attached.

Name \_\_\_\_\_ Team: F JV V

Paid \_\_\_\_\_ for ZONE with check # \_\_\_\_\_ or CASH

**PLEASE MAKE CHECKS PAYABLE TO HUDSONVILLE CHEERLEADING.**