

## Meet the Trainers



Personal Trainers are available Monday through Friday 5am to 8pm and various hours on the weekends. Scan the QR code to learn about your "Partner in Fitness".

## S.C.O.R.E. more



S.C.O.R.E programming can be done 1:1 OR in a group environment during the summer. To learn more and see upcoming summer schedule scan the QR code.

## Be in the Know



To learn more about CAC's Personal Training Policies scan the QR code.

## Contact Us

For more information on training services at CAC, or to discuss "custom" options including partner training and/or shorter duration sessions, please contact us at alexandert@columbiaathletic.com or call 425.745.1617 Ext. 453.



*ELEVATE YOUR  
GAME!*

**S.C.O.R.E.**  
**ATHLETIC DEVELOPMENT**  
**FOR YOUTH AGES 11-21**



**COLUMBIA**  
**athletic clubs**

Columbia Athletic Clubs - Silver Lake  
505 128th Street SE • Everett, WA 98208  
[www.columbiaathletic.com](http://www.columbiaathletic.com)

## ELEVATE YOUR GAME!



S.C.O.R.E. is our athletic development program specifically designed to safely and progressively improve athletes "on-field" performance using proven sports specific training techniques in the following areas:

### **S**trength

- Improve "explosive" power
- Increase sports specific muscle mass
- Decrease occurrence of injury

### **C**onditioning

- Improve energy and stamina
- Improve overall health and wellness
- Decrease recovery time

### **O**n field movement

- Improve running mechanics
- Improve linear and lateral speed
- Improve change of direction

### **R**ange of motion

- Improve muscular balance
- Improve movement efficiency
- Decrease occurrence of injury

### **E**nergy consumption

- Focus on nutrition
- Decrease fatigue
- Safely manage body composition

More importantly, each athlete will receive hands-on coaching from degreed and/or certified, training professionals. To sum it up: if it involves a field, a court, a rink, a track, a mat, a road, or a pool, CAC can keep you steps ahead of the competition!

## SUMMER S.C.O.R.E. ATHLETIC DEVELOPMENT

SCORE is offered as a year round 1:1 training service and as a comprehensive group athletic development camp during the summer.

Summer S.C.O.R.E. Athletic Development is **designed for all sports** and has 2 age appropriate programs to ensure proper training and execution of movement.



### **S.C.O.R.E. - JUNIOR VARSITY**

This 60-minute summer program is designed for athletes' ages 11 to 13 and emphasizes the development of a faster, more agile, and well conditioned athlete. Participants will begin by learning movement mechanics and then safely progress into more intense age appropriate training to improve overall athleticism. **Program requires a commitment of 2 days/week and is limited to 10 athletes.**

### **S.C.O.R.E. - VARSITY**

This 90-minute summer program is designed for athletes ages 14 to 21 and emphasizes the development of the complete athlete. Participants of this program are trained to be stronger, faster, and better conditioned than the competition. This program pays additional attention to resistance training to support a more durable and functional athlete. **Program requires a commitment of 3 days/week and is limited to 10 athletes.**



## TRAINING RATES



### **1:1 S.C.O.R.E. Personal Training: 60 minute sessions:**

Single Session .....	\$75
4 Session Package.....	\$288
8 Session Package.....	\$560

### **1:1 S.C.O.R.E. Personal Training: 45 Minute Sessions**

1 session .....	\$65
4 pack.....	\$248
8 pack.....	\$480

### **1:1 S.C.O.R.E. Personal Training: 30 Minute Sessions**

1 session .....	\$55
4 pack.....	\$208
8 pack.....	\$400

### **S.C.O.R.E. Jump Start: 60 minute sessions:**

3 Personal Training Sessions .....	\$180
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\*All training services subject to WA State Sales Tax