



LIFETIME
FITNESS

IRON LAX CHALLENGE 2012

RAIDER LACROSSE ANNUAL STRENGTH AND CONDITIONING PROGRAM 2011-2012

**PROGRAM BEGINS SEPT.
1ST-JAN. 31ST**

PROGRAM COST: \$250
Checks payable to Lifetime Fitness

WEEKLY SCHEDULE:

TUES./THURS. 6:45AM TEAM
LIFTING

FRI. 6:45AM TEAM YOGA

SAT. 11:00AM TEAM SPEED/
AGILITY EDUCATION

MONTHLY TEAM HEARTRATE
TESTING and CHECK-IN

CONDITIONING ON YOUR OWN
AS OUTLINED ON YOUR PERSON-
ALIZED MONTHLY PLAN

MANDATORY PRE-TEST

Sat. Aug. 27th 10-2:00pm
Sun. Aug. 28th 1-3:00pm

**all participants must sign up for an
appointment time, program payment due
in full at time of testing, no cash, check
only payable to Lifetime Fitness.*

LIFETIME FITNESS

855 North Point Parkway
Alpharetta GA 30005

FOR MEMBERSHIP INFO:

CONTACT:

Coach Zumwalt

azumwalt@lifetimefitness.com

**membership discounts available to new
members*

The Raider Lacrosse strength and conditioning program is created by Coach Andrew Zumwalt to provide athletes with an opportunity to prepare themselves for the 2012 lacrosse season. The program is designed with the athletes best interest in mind while being respectful of his time commitments outside of lacrosse. Participation is mandatory for all lacrosse players who are not enrolled in the Spring Sports Weight Training Class offered at AHS or currently participating in Fall or Winter sport at AHS. It is imperative for the continued success of our teams, that athletes be provided with a programs that are designed specifically for lacrosse athletes in preparing them for competition.

What's different this year?

THIS YEARS PROGRAM WILL CONSIST OF A NUMBER OF CHANGES THAT WILL FURTHER BENEFIT THE INDIVIDUAL ATHLETE WHILE ACCOMPLISHING OURS GOALS AND PROVIDING YOUR FAMILY WITH THE GREATEST GAINS FOR YOUR INVESTEMENT.

- **INDIVIDUALIZED WORKOUTS**
- **WEEKLY SPEED/AGILITY EDUCATION**
- **TEAM INCENTIVE**
- **SCHEDULE THAT IS RESPECTFUL OF YOUR TIME**
- **FLEXABILITY IN TRAINING OPTIONS**
- **4 SUPERVISED TRAINING SESSIONS PER WEEK**
- **LEADERSHIP OPPORTUNITY**
- **MONTHLY TESTING OF EFFECTIVENESS**
- **INDIVIDUAL ACCOUNTABILITY**

QUESTIONS?
SEND ALL QUESTIONS TO
COACH SCHEIFFLEE @
scheifflee@fultonschools.org

