

The logo for MCO (McHenry Center for Sports & Fitness Enhancement) consists of the letters "MCO" in white, bold, sans-serif font, centered within a solid blue rectangular background.

Center for Sports & Fitness Enhancement



FUNCTIONAL. AGILITY. SPEED. TRAINING. F.A.S.T.

Rob Ferguson, NSCA – Certified Personal Trainer
815.788.2020

Want to be quicker, faster & stronger? MCO Center for Sports & Fitness Enhancement is dedicated to providing quality fitness programs to enhance an athlete's fitness performance. The F.A.S.T. program is designed to increase the ability to exert maximal force during high-speed sports movements. This first segment is designed for athletes who want to focus on increasing their strength, balance, coordination and agility to get them better prepared for their upcoming explosive sports season. The second segment, the winter / spring segment, is designed to focus on proper running, strength, speed and acceleration for quick moving sports.

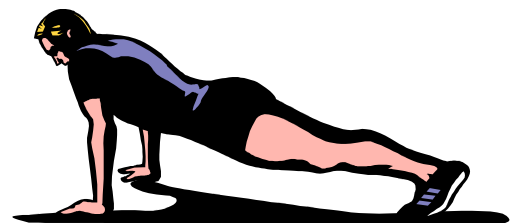
Registration forms for the first session will be available at the office or through Mr. Schweitzer. All registration forms will be due at orientation on Wednesday, September, 7th. Orientation will be in the Parkland Gymnasium starting at 5:00 pm. Please plan on attending the orientation for we will be doing fitness assessments.

Who: Athletes 6th – 8th Grade from Parkland or McHenry Middle School

Where: Parkland Middle School, 1802 N. Ringwood Road, McHenry, IL 60050

Course Schedule: Wednesdays 5:00pm – 6:15pm; September 14th through November 16th, 2011*

Course Fee: \$60.00 for ten week session (make checks payable to Rob Ferguson)



*minimum requirement of 15 athletes