



'Every Second Wednesday of the Month'

Parents/Coaches/Athletes Clinic

Topic for March 10, 2010:

Weight Training 101

(Review of safe, simple, yet effective weight training techniques for all ages.)

4:00-6:00 pm

Clinic to be held at:

Athletic Enhancement Training Facility

5055 Highway N, Suite 202

St. Charles, MO 63304

636-926-3277 office

All of your individual questions will be addressed in an informal setting. Any parent or coach from any level of any team is invited. To take advantage of this opportunity, you must RSVP to save your spot to Nate Wilmes directly at 314-805-4627.

To learn more call 314-805-4627.

Space is limited-please RSVP

