

Contact and Registration Information:

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www.redrockscrossfit.typepad.com



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Good for one free workout of the day!

Coach Paul Fleschler

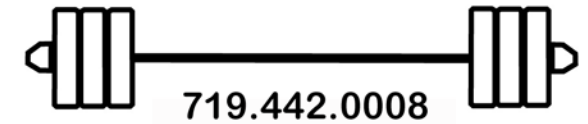
Front Range Sports Performance & Fitness / RedRocks CrossFit

102 W. Colorado Ave

Colorado Springs, CO 80903



FRONT RANGE
Sports Performance & Fitness



www.frontrangespf.com

2010 Summer Speed & Strength Camps



What is Front Range Sports Performance & Fitness?

Front Range Sports Performance & Fitness is a location where people who are committed to achieving performance and fitness goals can train and know they will receive expert knowledge and training in this highly competitive area.



The mission of Front Range Sports Performance & Fitness is...

"To help clients reach their full performance and lifetime fitness goals through our progressive training system."

Short term goals include:

- Improve the general physical preparation of the athlete
- Teach fundamental exercises and skills, which are often neglected in organized sports
- Give the athlete a competitive edge

Long term goals include:

- Provide clients the opportunity to realize potential
- Allow clients to successfully realize their goals through regimented and consistent training
- Instill confidence, discipline, pride and perseverance

One objective of **Front Range Sports Performance & Fitness** is to increase performance in the competitive arena while decreasing the chance for injury through our training system. The intention is to provide our clients the opportunity to maximize their athletic potential through explosive power movements

Athletes will participate in up to eight disciplines of functional training. They are:

- Learning the power snatch and power clean
- Assistance exercises for power
- Kettle bell training
- Medicine ball training
- Plyometric training
- Speed and agility
- Core training
- Functional stretching techniques



We have several speed & strength camps to choose from:

1-Week camps: June 14 – June 18 and July 5 – July 9 M-F
from 10:30 - Noon Cost: \$99-/Camp

2-Week camps: June 14 – June 25 and July 5 – July 16 M, T, R, F
from 10:30 – Noon Cost: \$149-/Camp

4-Week camp: July 5 – July 30 M, T, R, F from 10:30 - Noon
Cost: \$275-

8-Week camp: June 7 – July 30: M, T, R, F: from 10:30 - Noon
Cost: \$499-

About the Coach...

Paul Fleschler is the owner of Front Range Sports Performance & Fitness and RedRocks CrossFit in Colorado Springs. The main focus of his program is to enhance the performance of clients through various training methodologies including speed and agility training, Weightlifting, CrossFit, injury prevention and core stability. Paul earned a Masters degree in Motor Control and Learning from Indiana University, is an NSCA Certified Strength & Conditioning Specialist (C.S.C.S), Level I CrossFit and USA Weightlifting Senior Int'l Coach where he has represented the United States at several international weightlifting competitions as Head and Assistant Coach.

As an athlete, Paul's greatest honor was representing the United States at the 1992 Barcelona Olympics. Paul is the former Men's National Coach and former Men's and Women's Resident Coach at the Olympic Training Center in Colorado Springs. He also served in a supportive role for USA Weightlifting at the 2004 and 2008 Olympic Games.

Before moving to Colorado in the summer of 2001, Paul served as Head Strength & Conditioning Coordinator for Indiana University Basketball. In addition to working with Coach Bob Knight's basketball team, Paul assisted with 20 other varsity sports at IU.



We also offer:

- Weightlifting training for as low as \$119/mo.
- CrossFit for \$119/mo.
- Group packages for \$260/person
- Team training
- Sport Specific/ Fitness packages
- Assessments and nutritional advice
- ... and much more! **Stop by and see us!**