

Sting & Athlete Performance

Dates & Times:

- Athlete Performance will be back at MSC December 1st 2020
- Training Hours
 - Monday – Thursday (Sunday's Team Training)
 - 4:00-4:45 pm
 - 4:45-5:30 pm
 - 5:30-6:15 pm
 - 6:15-7:00 pm

Membership Options:

- For the club season we are offering the Gold Unlimited Membership (originally \$197) for \$75 per month. This will only last for the club season.
- Individuals are able to train at the Sting Center or our Mequon location.
- Click in the link provided below and type in the coupon code: **Sting**
 - <https://trainap.exercise.com/packages/2501/purchase>
- ***If membership is purchased before the December 1st start date we will offset the start date. Please email us info@trainap.net***

Getting Started:

- Click on the link above and fill out all the prompted information.
- Download the Athlete Performance App though the app store on your phone or tablet
- Booking can be done though the app or on a laptop.
 - Click on the "Booking" option and find the time slot that works best for you.
 - Be sure to look at the location of your training session.
 - AP Strength & Conditioning (Mequon location)
 - Sting Strength & Conditioning (Sting Center)

Further Information:

- As we go along with the training process we will conduct MET assessments for each of the athletes that sign up for a membership.
 - This will allow us to track each athletes and make proper progressions.
 - Once a MET has been completed we will send a graph to the athlete.