

SPORTS PERFORMANCE TRAINING CENTER

A Methodical Approach to Sports Performance Training for the Middle School, High School and College Athlete.

Sports Performance Training at The Chatham Club offers a methodical approach toward improving speed, strength and flexibility in athletes. The goal is to improve appropriate skills to match each sport's requirements, thereby improving athletic performance and minimizing risk of injury.

Our sports performance specialists have a full understanding of the science, training philosophy, exercise methodology, active coaching process, error detection and athletic mechanics required to build more talented athletes. With this specialized knowledge, our sports performance trainers are in a powerful position to affect athletes in a positive and rewarding way.

Training takes place in both of The Chatham Club's indoor sports training room and outdoor fitness training area. Our university style weight room contains racks, platforms and other equipment specifically designed to improve athletic performance. The outdoor area features a four-lane, 40-yard straightaway turf track and a 20' x 60' training area equipped with an all-weather *MoveStrong* functional training jungle gym.

ROBBIE ARNOLD, B.S., NASM, SPORTS PERFORMANCE TRAINING DIRECTOR

Robbie earned his B.S. in Physical Education and Coaching from the Peru State College of Nebraska. He is a certified Personal Trainer through NASM. Robbie holds additional certifications in Sports Performance Training, FMS, Alloy Training, USA Weightlifting and USA Track and Field. Robbie was an All-American football player and team captain in college. With more than 20 years of experience in the Sports Performance field he has trained both male and female athletes in many different sports. Several of his athletes have gone on to become All-American and All-State athletes themselves. Robbie specializes in team training and is known for helping, educating, motivating, and building a young athlete's confidence.

For more information, please contact Robbie Arnold at 973-377-1900 ext. 163 or email: robbie.arnold@chathamclub.com

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SPORTS PERFORMANCE TRAINING RATES

MEMBERS AND NON-MEMBER JUNIOR ATHLETES*

INDIVIDUAL SESSIONS:

Single Session	1 Hour	\$ 115.00
Single Session	½ Hour	\$ 65.00

PACKAGES:

5 Sessions	1 Hour	\$ 495.00 (\$99.00 per session)
10 Sessions	1 Hour	\$ 900.00 (\$90.00 per session)
20 Sessions	1 Hour	\$1,720.00 (\$86.00 per session)
10 Sessions	½ Hour	\$ 580.00 (\$58.00 per session)

BUDDY SESSION: (2 PEOPLE)

Single Session	1 Hour	\$ 140.00 (\$ 70.00 per person)
Single Session	½ Hour	\$ 110.00 (\$ 55.00 per person)

GROUP - SPEED, AGILITY, QUICKNESS (SAQ) SESSION: (3 - 6 PEOPLE)

Single Session	1 Hour	\$ 50.00 (per person)
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NON-MEMBERS: 18 YEARS AND OLDER

Single Session	1 Hour	\$ 130.00
	½ Hour	\$ 80.00
Buddy Session (2 people)	1 Hour	\$ 85.00 (per person)
Group Session (3-6 people)	1 Hour	\$ 67.00 (per person)

Discounted packages are not available to non-members

PACKAGES: Packages must be paid in full before training sessions can begin.

CANCELLATION POLICY: Client will be charged for a full session if he/she fails to cancel a scheduled appointment within a 12-hour period.

BOOKING YOUR SESSION: Please call Robbie Arnold, Director of SPT at 973-377-1900 or email: robbie.arnold@chathamclub.com

*Junior Athlete – students 9 years old through high school