



CLUTCH PERFORMANCE

Sports Performance Team Training (1 hour session, 10-12 athletes)

- Monthly cost for 4 sessions \$600

Group Sports Performance Training Membership (1 hour session, 10-12 athletes)

- Monthly cost for 8 sessions \$120/athlete

Small Group Sports Performance Training Membership (1 hour session, 4-6 athletes)

- Monthly cost for 4 sessions \$120/athlete
- Monthly cost for 8 sessions \$240/athlete

Partner Sports Performance Training Membership (45 min session, 2 athletes)

- Monthly cost for 4 sessions \$220/athlete

Private Sports Performance Training Membership (45 min session, 1 athlete)

- Monthly cost for 4 sessions \$360

All ETF billing will take place at the onset of training and the 1st of every month.

CHRIS VOLGRAF, CSCS

OWNER, STRENGTH & CONDITIONING COACH

DEGREED—CERTIFICATIONS—SAFETY

- Bachelors of Science in Exercise Physiology—Temple University
- Certified Strength and Conditioning Coach-National Strength and Conditioning Assoc.
- Certified Exercise Physiologist-American College of Sports Medicine
- Certified Personal Trainer-National Strength and Conditioning Assoc.
- Certified Level 2 Golf Fitness Pro-Titleist Performance Institute
- Functional Range Conditioning Mobility Specialist—Functional Anatomy Seminars
- Certified Speed and Agility Coach-Athlete's Acceleration (Lee Taft)
- Functional Movement Screen Level 1
- 16 years of experience and Insured with NSCA Professional Insurance Program
- CPR and AED Certified—American Heart Association

Be sure to check out www.clutchperform.com for more clutch info!