



ALCHEMY
SPORTS TRAINING

Junior Training Program
Ages 8-13

The Next Level of Sports Training

al·che·my ^ˈalkəmē/ *noun*

1. a form of chemistry and speculative philosophy practiced in the Middle Ages and the Renaissance and concerned principally with discovering methods for transmuting baser metals into gold and with finding a universal solvent and an elixir of life.

2. any magical power or process of transmuting a common substance, usually of little value, into a substance of great value.

3. unaffiliated technical training school located at the 10 Sports Centre in Long Lake, MN.

The Alchemy Sports Training program is a curriculum based quantifiable model using the age old wisdom of the Alchemist to transform base metals to gold. Our methodology goes past simple drill related activities and encompasses a fully functional model.

Junior Alchemy Programs are set up on a monthly fee with a year minimum enrollment. Classes are organized by age and/or skill levels with several offerings each week. Junior Alchemists can come to as many training sessions per week as they choose providing parents with flexibility and an outlet to see growth in their young athletes.

Time + Deliberate Training = Progress

You have the time, let our professional coaching staff be the (+) that ignites the fire in the athlete to see results. Junior Alchemy Training is a skills based technical program for youth athletes ages 8-12.

Junior Alchemy Sports Training includes:

- Soccer, Hockey, Volleyball, Lacrosse, Basketball, and Tennis

Junior Alchemy Training Options

Individual Training (1 Alchemist) *All Sports

1 on 1 training with your own Alchemy Master in a custom program to fit your specific needs. Sessions include a warmup, technical, and tactical training with a specific theme in mind. Training sessions are 60mins

- 5 Pack= \$75 (\$375)
- 10 Pack= \$65 (\$650)

Group Training Classes (Max 20:1 Ratios) *Soccer Only- Starting January 2016

Train with your Alchemy Master and other Junior Alchemists in a themed class setting. Multiple classes offered during the week with various topics. Junior Alchemists may join as many classes per week as they want. Each session will incorporate a functional warmup, technical theme, and small sided game to apply the technique of the day. Training Sessions are 50mins

- \$49 Initiation Fee
- \$49.95/Month (6 Month minimum)

Training Groups by ages or applicable ability levels

- **SILVER** 8-10 years old: Mon/Wed/Fri 6-7pm, Sat 11-12pm
- **GOLD** 11-13 years old: Mon/Wed/Fri 5-6pm, Sat 10-11am

Sign up at www.alchemysportscomplex.com

Please email info@alchemysportscomplex.com or call Donny @ 612-226-1359 for more info.