

CMFC Athletic Performance

PROGRAM INFORMATION

THE PROGRAM

The CMFC Sports Performance Program is predicated on building a solid athletic foundation while staying focused on each athlete's individual goals. Our unique program includes instruction in movement training, injury reduction and rehabilitation, linear and lateral speed techniques, foot speed and agility, explosive power development, proper functional strength training and energy system conditioning. Athletes are closely supervised as the coach takes them through an intense 60-minute workout with attention always being paid to proper technique and safety.

The workout consists of functionally sound movement training, strength training and conditioning with a strong focus on basic and proper technique. The workout becomes progressively more challenging once basic techniques have been mastered. The groups are kept small, no more than 10 per group, to allow maximum individual attention.

ELIGIBILITY: The program is open to all male and female athletes (entering grades 7th - high school who are looking to improve their athletic skills in:

- Speed & Agility
- Strength & Conditioning
- Power/Explosion
- Flexibility
- Overall Fitness

COST: 14 sessions = \$179

- Includes Performance T-shirt

WHAT TO BRING

- Running/training sneaks
- Rehydrate sports drink/water provided
- A gym bag to keep belongings

CMFC Staff

The staff will consist of CMFC Strength & Conditioning Coaches who hold certificates and hours of experience in Strength & Conditioning, Personal Training, Kettle Bell, Sports Performance and CrossFit.

Meet the Staff

MIKE WILSON

Sports Performance Program Director

- Former Head Football Coach, Lower Cape May Reg. H. S.
- Former Player at Towson University and Lower Cape May Regional High School.
- Former Head Strength & Conditioning Coach Lower Cape May
- CFSS - CrossFit Level 1 Trainer
- Certified Personal Trainer

MIKE HANLEY

CMFC Head Coach/CrossFit Head Coach
Sports Performance Program Head Coach

- Certified Personal Trainer, Kettle Bell, USAW, NSCA-CSCS, RKC
- CFSS - CrossFit Level 1 Trainer
- President - Hanley Strength Systems

The Program - Session Choices

Session options are offered coupled together for programming reasons. Options are (Mon/Wed) or (Tue/Thur) your convenience but you must commit to one or the other. All session options start at 10:00am.

- **14 sessions (2per/week) = \$179**

A) Mon/Wed: 10:00am

B) Tue/Thur: 10:00am

*please contact a coach if your going to miss a session (not refundable and no make-ups)



Registration Application.

Mail with payment. Parent's Signature required if minor.

(PLEASE PRINT) GRADE ENTERING _____

NAME _____

ADDRESS _____

CITY, ZIP _____

HOME _____

PHONE: _____

CURRENT SCHOOL _____

MY MEDICAL INSURANCE COMPANY IS: _____

POLICY NUMBER: _____

EMAIL: _____

TEE-SHIRT: S - M - L - XL - XXL - 3X
YOUTH OR ADULT

I hereby authorize the staff of the CMFC Athletic Performance Staff to act for me according to their best judgment in situations requiring first aid or medical attention. I hereby waive and release the CMFC staff from any and all liability for any injury or illness by myself, son or daughter while training.

Parent or Guardian Signature Date

IN CASE OF EMERGENCY, PLEASE CALL:

(NAME) (TELEPHONE)NUMBER

CMFC COACHES TESTIMONIALS:

MIKE HANLEY



“He is the kind of guy you want to be around if you want to succeed in sports, training or life in general.”

“In my professional opinion, Mike Hanley is one of the bright young innovative coaches in North America today. His open mind, knowledge and passion for strength & conditioning have made him a coach on the cutting edge of performance training.”

- Christian Thibaudeau, World-Class Strength & Conditioning coach, author of “The Black Book of Training Secrets”

Mike Wilson



“Coach Wilson helped me develop my foundation before I was old enough to touch a weight, we worked on plyometrics, core, conditioning, and most importantly.... FORM & TECHNIQUE!”

“Training with Coach Wilson has helped me tremendously. His training helped me achieve my goals as 2 way athlete in both football and wrestling. He focused on my form at an early age and instilled the importance of training and being goal oriented. I encourage all athletes to train with Coach Wilson if they are serious about their athletics and want to have an edge at the next level!”

- Ed Shockley, Division I-AA scholarship linebacker, Villanova Millville High School, line backer/ wrestler

TUITION:

- The application and fee are due by January 9th.
- Applications will only be accepted on a first come, first served basis to ensure the quality of the program limiting the applicants to a total of 8 athletes.
- Applications can be mailed to the following address or dropped off at CMFC FACILITY.

- Make checks payable to:

CMST, LLC

- Mail Application to:

CMFC

MIKE WILSON - DIRECTOR

3860 BAYSHORE RD. UNIT J.

N. CAPE MAY, NJ 08204

REGISTRATION:

- All registration is done online at: CapeMayFitness.com
*Sports Performance Page
- Payments may be made online with any major credit card
- Checks are accepted by mail or delivered to the above address at CMFC
- This is a non-refundable (after session 1 starts) no nonsense program

REFUND POLICY:

There will be a \$50 refundable administration fee for any early cancellation made before the start of the program. *All cancellations must be in writing as no cancellations will be taken over the phone.*

MEDICAL CARE:

Medical care is provided by an athletic trainer and/ or school nurse. Medical emergencies are referred to the local hospital center in close proximity to the school.

MEDICAL EMERGENCIES:

The CMFC Sports Performance Program does not provide medical insurance for athletes. In the event of illness or injury requiring treatment, hospitalization, and or surgery, family medical insurance must be used. Athlete's insurance, company name and policy number are required on the application form.

CMFC

Athletic Performance

“The Program for Dancers”



AT
Cape May Fitness Center
3860 Bayshore Rd. Unit J.
N. Cape May, NJ
(609)435-5917

Corners of Bayshore Rd. & Lincoln
Blvd. (Ferry Rd)
June 29th - Aug 13th