

College Softball Team Training Packages

- Gold Level (\$1,000)
- Silver Level (\$750)
- Bronze Level (\$500)
- Additional Opportunities

Gold Level (\$1,000)

- Sports Performance Team Training Program (3 sessions)
 - Speed & Agility and/or
 - Strength & Conditioning and/ or
 - Functional Training
- Team Facility Usage (5 days per week - @ approved time between 11am – 4pm)
 - Fitness Center (Weight Room)
 - Aquatic Center
 - T & F Complex
 - Cross Country Course

Silver Level (\$750)

- Sports Performance Team Training Program (2 sessions)
 - Speed & Agility and/or
 - Strength & Conditioning and/ or
 - Functional Training
- Team Facility Usage (3 days per week - @ approved time between 11am – 4pm)
 - Fitness Center (Weight Room)
 - Aquatic Center
 - T & F Complex
 - Cross Country Course

Bronze Level (\$500)

- Sports Performance Team Training Program **ONLY** (1 session)
 - Speed & Agility and/or
 - Strength & Conditioning and/ or
 - Functional Training
- **OR** Team Facility Usage **ONLY** (3 days per week - @ approved time between 11am – 4pm)
 - Fitness Center (Weight Room)
 - Aquatic Center
 - T & F Complex
 - Cross Country Course

***Sport Performance Training Session is one hour.

Additional Opportunities Available...

- Facility Usage Passes – use of all Facilities; Pool, Weight room, Track, & CC course
 - Day Pass - \$15 per person (athlete/coach/admin/fan)
 - Week Pass - \$50 per person (athlete/coach/admin/fan)
 - With approved scheduled time!
- Motivational Hour Chalk Talk (w/ Dot Richardson M.D. Two-time Olympian)
 - \$300 per team (General Session)
- Motion/Video Analysis
 - Video Taping ONLY of athletes = \$100 per hour
 - Video Taping and Analysis w/ NTC Staff = \$200 per hour

*Video taping of one team usually takes one hour (\$100) and analysis by a staff member one hour (\$200) for a total = \$300.

- Team Fitness Class (Yoga, Pilates, Boot Camp, etc...)
 - \$50 = providing Own Instructor
 - \$100 = utilizing NTC Instructor
- Reserve Meeting Room = \$25 per hr (small), 50 per hr (large)
- Athletic Trainer = \$35 per hour; plus \$3.00 per athlete
- Golf Outing Packages = Available; price based on golf course reserved.
- Pre-ordered DISCOUNTED “Theme Park Tickets” (Disney World, Disney Water Parks, Universal Studios, Sea World, Sea World Aquatica, Busch Gardens, etc...)