

College Softball Team Training Packages

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

Gold Level (\$1,000)

- Sports Performance Training Program (3 sessions)
 - Speed & Agility and/or
 - Strength & Conditioning and/ or
 - Functional Training
- Facility Usage (5 days per week - @ scheduled times)
 - Fitness Center
 - Aquatic Center
 - T & F Complex
 - Cross Country Course

Silver Level (\$750)

- Sports Performance Training Program (2 sessions)
 - Speed & Agility and/or
 - Strength & Conditioning and/ or
 - Functional Training
- Facility Usage (3 days per week - @ scheduled times)
 - Fitness Center
 - Aquatic Center
 - T & F Complex
 - Cross Country Course

Bronze Level (\$500)

- Sports Performance Training Program **ONLY** (2 sessions)
 - Speed & Agility and/or
 - Strength & Conditioning and/ or
 - Functional Training
- **OR Just** Facility Usage (3 days per week - @ scheduled times)
 - Fitness Center
 - Aquatic Center
 - T & F Complex
 - Cross Country Course

***Sport Performance Training Session is one hour.

Additional Opportunities Available...

- Facility 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)
- 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
- 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, Universal Studios, Sea World, etc...)