

FHIT Winter Throws Training

Want to take your throws to the next level? FHIT Human Performance is offering you the tools to do just that. Group sessions and individual coaching in both throwing technique and strength & conditioning are available to you all winter long! Come in and advance your performance to gain that varsity spot, state championship, or college throwing opportunity!

- ❖ **Learn Rotational or Glide shot put technique!**
- ❖ **Make your discus spin powerful and efficient!**
- ❖ **Improve your weightlifting, jumping, and running technique and power!**

Meet our head trainer:



Tyler Kleinhuizen, Certified Strength & Conditioning Specialist

- 4 times All-State in the shot put and discus at Forest Lake
- MSHSL State Champion in the shot put
- Nike All-American in the shot put
- Competed in shot put, discus, and hammer at the U of M
- Competed on 5 Big Ten Championship teams
- 5 time NCAA Championships First Round Qualifier

FHIT Winter Throws Training Packages

❖ Packages can be combined:

➤ General Throws Package

- Advance your throwing technique with throws sessions twice per week (Tuesdays and Fridays between December 6 and March 2). Instruction will be in a group setting. Group numbers depend on registration. Direct feedback including video analysis. Any level of experience is welcome.
 - Shot put: 36 available sessions
 - Discus: 36 available sessions

PRICING	1-5 Sessions	6-10 Sessions	11-15 Sessions	16-20 Sessions	21-36 Sessions
Shot Put or Discus	\$38/session	\$35/session	\$31/session	\$26/session	\$20/session
Both	\$57/session	\$53/session	\$47/session	\$39/session	\$30/session

➤ Individual Throws Package

- One on one coaching in shot put, discus, or both.
- Detailed feedback on technique, including video analysis. Any level of experience is welcome.

PRICING	1-10 Sessions	10-20 Sessions	20+ Sessions
Shot or Disc	\$50/session	\$45/session	\$40/session
Both	\$75/session	\$68/session	\$60/session
Sessions available Monday through Friday and on select Saturdays			

➤ **General Throwers Strength & Conditioning Package**

- Enjoy use of our well-equipped facilities. Participate in a strength and conditioning program conducted after the throws sessions to prepare for the upcoming season and get bigger, faster, stronger!

PRICING	1-5 Sessions	6-10 Sessions	11-15 Sessions	16-20 Sessions	21-36 Sessions
Use of program & facility	\$20/session	\$18/session	\$16/session	\$14/session	\$10/session

➤ **EvoSport Training Class Package**

- The best of the best. Take part in the training system that hundreds of NFL, NHL, NBA, PGA, MLB, and Olympic athletes use to gain amazing results. Train to make your body an explosive, efficient, and injury-free machine.

PRICING	1-5 Sessions	6-10 Sessions	11-15 Sessions	16-20 Sessions	21-26 Sessions
Class Format	\$35/session	\$30/session	\$25/session	\$20/session	\$15/session

➤ **EvoSport Personal Program Package**

- The best decision you could possibly make for your athletic future. Following a comprehensive physical assessment of your strengths and weaknesses, a program is designed by world-renowned training expert Jay Schroeder to eliminate those weaknesses and unleash your potential. Become Elite.

Contact us for pricing.

GET FHIT!

For more information visit:

www.fhitplayers.com

or contact:

Tyler Kleinhuizen, CSCS

Director of Human Performance

FHIT Players

tyler@fhitplayers.com

651-587-3353