

# Oakton B Soccer

## STRENGTH & PERFORMANCE TRAINING

### WINTER 2018 - 2019



Get Faster-**Jump Higher**-Be Stronger-**Train Harder**----PLAY BETTER!



**Dates:** Start 12/4 & End: 2/14/18 **Dates off:** 12/25, 12/27, 1/1 & 1/3



#### **TRAINING SCHEDULE:**

Tuesdays & Thursdays @ 4:00 to 5:30pm



#### **ATHLETE PRICING:**

2 Days a week: \$250 a player

TrueAP.com/Register  
Find: Oakton B Soccer  
Winter 2018/19  
Email [rose@trueap.com](mailto:rose@trueap.com)

**REGISTER NOW:** [TRUEAP.COM/REGISTER](http://TRUEAP.COM/REGISTER)  
**FIND:** OAKTON B SOCCER WINTER 2018/19

**TRAINING LOCATION:**  
TRUEAP TRAINING FACILITY @ THE NZONE  
14550 LEE ROAD CHANTILLY, VA 20151