

Other Programs Available

AC Sports School

Made For Athletes Ages 6 -11

- 4 and 8 Week Training Courses
- Structured Classes for Quickness, Agility and Sprinting
- Obstacle Courses with Prizes
- Non Intimidating Environment
- Athletes Learn Sportsmanship and Mental Toughness
- Costs Less Than a Pair of New Sneakers!

Elite Sports Preparation

For Good Athletes Who Want to be Great

- 16 Week Training Course
- Advanced Conditioning Circuits & Obstacle Courses
- Smaller Classes for More Personal Attention
- Introduction to Plyometrics and Power Training
- Personal Nutrition Planning
- Individual and Personal Exercise Prescription

Premiere Sports Academy

For Great Athletes Who Want to be Champions

- 6 Month Training Course With Only 12 Athletes Per Class
- Super Advanced Conditioning & Obstacle Courses
- 74% Earned College Scholarships Worth 9 Million Dollars
- Exclusive Time Slots With Antonio Davis
- Massage Therapy From The Massage Institute
- The Country's Most Challenging Sports Training Program.

Just 4 Her Sports Preparation

No Boys Allowed

- 8 Week Training Course
- Advanced Conditioning Circuits & Obstacle Courses
- Smaller Classes for More Personal Attention
- For Female Athletes Taught by Female Coaches
- Help Prevent ACL Tears and Other Knee Problems
- Learn How To Strength Train without Getting Bulky

Team Sports Camps / Clinics

Why AC? Because Our Teams Win Championships

- Camps Range From 1 Hour to 12 Weeks
- Great For School and Club Teams
- 8 State & 4 National Champion Teams
- 14 District and League Championship Teams
- Performance Training is Position Specific
- While Other Teams Fight to Get in Shape During Pre-Season, Our Teams Get Straight to Strategy and Plays
- Tuition Breaks & Booster Club Sponsorships Available

Aspiring Champions, Inc.

- 970 Pulaski Drive
- King Of Prussia, PA 19406
- P. (610) 491-9075
- F. (610) 491-9076
- info@aspiringchampions.com
- www.aspiringchampions.com



It's the best thing you can do as an athlete...Period!

Turning Athletes Into Champions

State of the Art Facility Designed for Sports Training



One of a Kind Sports Training Tools



Get Faster the Way You Play the Game



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Your AC Contact is

