



N218 Stoney Brook Rd. Appleton, WI 54915  
(Conveniently located inside of Soccer Heaven at Highway 441 and Calumet)

Dear Athletes, Parents and Coaches:

It sure is nice to think that spring is just around the corner, if you are like me, I can't wait for winter to be over with ☺

We are officially all moved in and absolutely love all of the space that we have to work with. It sure came in handy this past winter when we had several softball teams training with us. We are hoping to get more teams this spring and summer. Training as a team is a great way to get the bonding in that all coaches are looking for while getting a great workout. It's nice to see the athletes hold themselves and each other accountable for working hard in the off-season! Besides, we offer team discounts that are hard to beat!

Spring is a great time to start getting ready for your fall sport. Too many people don't start training until the summer months for their sport in the fall but beginning your training earlier will ensure that you are at your best when the fall is here.

I'm sure most or all of you know by now but on December 6, my husband Justin and I had our first son, Javen Jett Van Allen. He was 6lbs. 7oz. and 20 inches long. It's hard to believe that it's been over two months since we've had him. We couldn't be happier and are enjoying every minute that we have with him! It was so nice to have Eric and Rudy here at SPA to ensure that everything went smoothly; they do a wonderful job!

*Our next training cycle starts on March 15<sup>th</sup> and runs for 11 weeks through May 28<sup>th</sup>. Once again we will be holding make-up workout times during the cycle which are held every Friday from 3:30-4:30pm as well as Sundays from 1-2pm, 2-3pm OR 3-4pm.*

SPA will be closed on Friday, April 2<sup>nd</sup> and Sunday, April 4<sup>th</sup> due to Good Friday and Easter. We will resume normal hours on Monday, April 5<sup>th</sup>.

This cycle always tends to be busy so please sign up early and as always, if you have any questions, please feel free to contact us!

Sincerely,

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