



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

Dear Athletes, Parents and Coaches:

Fall is already here and that means that along with school beginning so are a lot of fall sports. Our athletes have been working hard this summer preparing for their fall seasons; we are excited to see how they do! Along with a bunch of high school athletes, we have also been training a lot of college athletes and helping them get ready for their sports, we wish them the best as they head back to school!

We would like to remind everyone that we not only work with individual athletes but teams as well. We have had several softball, volleyball and basketball teams take advantage of our great team pricing and we hope to get the opportunity to work with your team soon!

We want to wish one of our trainers, Eric, good luck as he is going to be getting married this September. We are very excited for him and wish him nothing but the best! He has been and continues to be such a great asset here at SPA and is always looking for ways to improve an athletes workout!

With our summer training cycle coming to an end on August 27<sup>th</sup>, we will have a make-up week in between our summer and fall training cycle. The following is the schedule for that week; please keep in mind that all workouts start on the hour:

**Mon., Aug. 30<sup>th</sup> AND Tues., Aug. 31 we will be OPEN from 9am-4pm.**

**Wed., Sept. 1<sup>st</sup> AND Thurs., Sept. 2<sup>nd</sup> we will be OPEN from 3-5pm.**

**Friday, Sept. 3<sup>rd</sup> AND Mon., Sept. 6<sup>th</sup> we will be CLOSED.**

*Our next training cycle starts on September 7<sup>th</sup> and runs for 8 weeks through October 29<sup>th</sup>. We have adjusted the schedule accordingly so those athletes that are in a fall sport may come after practice or on Sunday to get their workouts in. That being said, we will once again have make-up times for any sport on Friday from 4-5pm AND Sunday from 1-2pm, 2-3pm and 3-4pm.*

We look forward to training you this fall!

Sincerely,

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