

REAL TRAINING

REAL Winter Training

Central

REAL Training Central Winter season is October 31st, 2022 through February 13th, 2023.

Sessions will focus on the mechanics of sport movement, agility, and strength. Designed to maximize the athletic potential and ability of every participant.

From November 1st through February 18th, there is self directed lifting and plyometric work.

Visit the [REAL Training](#) website

Fill out the [Athlete Profile and Waiver](#) (if not already filled out from Spring)

Subscribe to our [REAL Training YouTube Channel](#)

Subscribe to our [REAL Training Instagram](#)

Subscribe to our [REAL Training TeamApp](#)

(additional workouts, notes, or changes will be sent out via [TeamApp](#)!)

Meets

Thursday, December 1 School
of Mines HS Series Golden, CO

Friday, December 2 Holiday Open Air Force
Acad. Colorado Springs, CO

Saturday, December 17 Let's Get Real Se-
ries #1 UCCS Colorado Springs, CO

Saturday, January 7 Let's Get Real Series #2
UCCS Colorado Springs, CO

Saturday, January 14 Arkansas HS Invite
Fayetteville, AR

Thursday, January 19 School of
Mines HS Series Golden, CO

Thursday, January 26 School of Mines HS
Series Golden, CO

Saturday, February 4 Air Force HS Open Air
Force Acad. Colorado Springs, CO

Saturday, February 18 Let's Get Real Cham-
pionship UCCS Colorado Springs, CO

Designed for all sports, including, but not limited to: Football, Volleyball, basketball, Tennis, Track & Field, Field Hockey, Ice Hockey, Golf, Lacrosse, Gymnastics, Cross Country, Soccer, Softball, Wrestling, Baseball, Swimming.



[realtrainingcolorado.com](#)

Session One: \$400

OCT 31

Nov 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 28, 30

Dec 3

Locations via [TeamApp](#)

Lifting Days, Self Directed

Nov 1, 3, 8, 10, 15, 17, 22, 29

Dec 1

Session Two: \$675

Balch Fieldhouse,

6:00-7:30PM, 7:30-9:00PM

Dec 5, 7, 12, 14, 19, 21

Jan 2, 4, 9, 11, 18, 23, 25, 30

Feb 1, 8, 13

Niwot Track, 10:00AM-12:00PM

Dec 10, 26*, 28*, 31, Jan 21, 28

***Winter Break Practice**

COSTS:

\$14 for AAU Membership

AAU Club ID: W34883

(for the 2022-23 AAU season, if not already a member)

\$50 for 2022 REAL Admin Fee

(Beginning Session Two, this is an annual fee)

Payment: Checks (made to REAL Training) can be given to Coach, or Venmo (@Maurice-Henriques)

Contact:

Coach Mo:

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realtrainingcolorado.com

