

# ATHLETIC PERFORMANCE INC.

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My name is Scott Ramsdell and I am the president of a company called Athletic Performance Inc (API). I am extremely excited to announce, for the third straight year, that the Concordia Academy athletic staff has partnered with API to offer a program for your summer conditioning needs. API is a mobile strength and conditioning company that was created six years ago with the goal of offering reasonably priced strength and conditioning programs that are conveniently located for athletes.

API will be conducting this summer program at the Concordia Academy-Roseville campus. The API summer conditioning program will consist of power, speed, and agility development done in conjunction with the Concordia summer strength program. The API summer program is tailor-made based on the needs and wants of the Concordia Athletic Department staff.

The program will be an eight-week program with pre-testing conducted by Concordia Academy staff the week before the program and post-testing conducted by Concordia Academy staff at the end of the program to measure improvement. **The training sessions will be held on Monday and Wednesday mornings** with a ratio of no more than 13 athletes to one trainer. Strength and speed testing will be held on Monday, June 15<sup>th</sup> and Wednesday, June 17<sup>th</sup>. The program will continue on Mondays and Wednesdays throughout the remainder of the summer.

The cost of the API summer conditioning program is \$165.00 per participant. The cost of this program is non-refundable and must be paid in full by Friday, April 17<sup>th</sup>. For every athlete that participates in the API summer program, API will donate \$50.00 to the Concordia Academy strength program. Please note that for a student who participates in the API summer program, the summer weight room fee is already paid.

In order to create more accountability within the program, all participants will work with API from 9-10am. The students will be assigned to a small group that will work with one of the trainers from API. There will be three weight room sessions. The first group will workout from 8-9am. The second session is from 9-10am and is set aside for athletes who have decided not to participate in API. The third session will be from 10-11am. Weight lifting times will be assigned according to final numbers.

All sessions will be held regardless of weather. If inclement weather occurs, training will be held inside Concordia facilities. All participants will be expected to attend all sessions. If an athlete misses a session(s) there will be no make-up session(s) available for any reason. All participants are expected to arrive on time and be ready for training. These sessions will be conducted in a highly motivating and respectful environment.

To participate in the API summer program, **please fill out the attached consent form, along with a check for \$165.00 made out to API, and place them both in an envelope with API written on it.** These envelopes can then be left with Brian Brown.

If you have any questions, please contact me at [scott@athleticperformanceinc.biz](mailto:scott@athleticperformanceinc.biz). Thank you for your time and I look forward to working with you in the coming months.

Sincerely,

Scott Ramsdell  
President, Athletic Performance Inc.

