

ATHLETIC REPUBLIC RANDOLPH

WE KNOW ATHLETES

Our underlying mission is to tip the scales of sport in your favor. Whether it's adding 4 inches of height on a vertical jump or subtracting 0.4 seconds from an athlete's 40-yard dash; if there is an advantage to be had, we're the ones to find it. Using state-of-the-art performance testing tools with synchronized video to document progress, we've tested, studied and perfected our training programs so you gain the ability to improve your play and the confidence to win. Every individualized program is based on fundamental test data that identifies your strengths and targets your weaknesses. Our proven methods safely push you past your limits – increasing the competitive skills required to be a champion.

The Athletic Republic Advantage

- 25 years of research and commitment to sport science principles
- Six patents and 4,000+ pages of proprietary speed and skill-specific training protocols that meet the demands of every sport and athlete
- Athletic Republic training programs create faster, stronger, more explosive athletes who are able to play at game speed for longer and with fewer injuries.
- Our performance improvements are documented and proven.



ATHLETIC REPUBLIC

SPORTS AND PERFORMANCE TRAINING



ATHLETIC  REPUBLIC

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SERVICES

ACCELERATION (LINEAR SPEED / PLYOMETRICS)

At Athletic Republic, we improve your running mechanics. We improve your stride length and frequency, knee drive, hip positioning and your arm swing. Acceleration Training will make you fluid and efficient, far more powerful and better conditioned than your opponents. Improve speed, increase total body strength, increase endurance, improve flexibility, improve self-confidence and much more. Athletic Republic's Acceleration Sports Training Protocols cater to the individual needs of each athlete's sport & position.

AR STRONG (STRENGTH / WEIGHT TRAINING)

Our weight training program is designed specifically for each athlete's sport, training age, gender, and imbalances. The foundation of our program is to build a more injury resistant athlete. As a result, we spend a lot of time developing decelerating musculature and healthy joints such as hips, knees and shoulders. Additional considerations include: energy systems, movement patterns, primary as well as secondary movers, hypertrophy, strength, power, and endurance. We emphasize bodyweight movements and techniques, using everything from free weights and kettle bells to bands and boxes. This is not your local sweat shop. Our athletes are under the watchful eye of an instructor to ensure they are being taught the right way to push themselves.

TEAM TRAINING

We offer sport-specific training along with conditioning / speed training on the field, as well as teaching proper technique, and build muscle, strength, and power in the weight room. We schedule on going meetings with each head coach to schedule training, update goals, and create our training cycles. We work hard to create a family atmosphere by earning the trust, and respect of each athlete and coach we come in contact with.

Our approach is founded on offering individualized team training programs specifically tailored around the time of year (off-season, pre-season and in-season). Our staff will develop a training plan combining your coaching staff's assessment of your team's immediate needs, coupled with our proven, sport-specific protocols so that your team's athletes can focus on the specific elements of their game to improve their playmaking skills.

PRIVATE TRAINING (1-1 OR SMALL GROUP)

We understand each individual is different in terms of goals, needs, and athletic ability. Athletic Republic's private training sessions cater to athletes and adults searching for the ultimate, customized program and one-on-one attention in areas of speed and power development, sports specific training, general fitness, and nutrition. Succeeding in the goals you have set for yourself requires dedication, continual feedback, and our training expertise. Combining Athletic Republic's specialized training equipment, science proven training protocols, and years of experience our staff will transform athleticism and overall well being.

ADDITIONAL SERVICES

Are we satisfied? NEVER. We're always working on better ways to develop new training technology that enhances our protocols. Our combination of experience and on-going research guarantees enhanced athletic performance—at any age and ability. We offer programs such as injury transition and recovery training, sports nutrition, sensory training, combine training, cord training and much more.

PRICING

SESSION PACKAGES

Session packages are ideal for athletes with revolving schedules. Sessions (60 minutes) can be used at anytime and do not expire.

1-Session	\$50
6-Session Package	\$240 (\$40 per session)
12-Session Package	\$420 (\$35 per session)
24-Session Package	\$720 (\$30 per session)

MONTHLY DEALS

Extended monthly deals offer bigger savings. All monthly contracts are limited to 16 sessions (60 minutes per session) in a single month, unless otherwise noted. Sessions do not roll-over.

1-Month (12 sessions)	\$320
1-Month (Unlimited)	\$350
3-Month	\$280 (per month)
3-Month (Unlimited)	\$300 (per month)
6-Month	\$230 (per month)
1-Year	\$180 (per month)

AR STRONG

For current members of Athletic Republic Randolph and non-members. Includes baseline assessment and strength/weight training programming. Sessions (60 minutes) can be used at anytime and do not expire.

10-Sessions (Member)	\$150 (\$15 per session)
10-Sessions (Non-member)	\$200 (\$20 per session)
20-Sessions (Member)	\$260 (\$13 per session)
20-Sessions (Non-member)	\$360 (\$18 per session)

PRIVATE TRAINING

A personalized experience with one of our master trainers. Our training sessions are 60 minutes long and are personalized based on your individual goals with programs setup by our master trainers.

1-Session	\$85
10-Sessions	\$70 (per session)
20-Sessions	\$60 (per session)
30-Sessions	\$50 (per session)

TEAM TRAINING

Talk to an Athletic Republic Randolph representative for team packages and pricing. Prices are based on number of athletes, training frequency and preferred days or times.

EVENTS

Birthday parties, baseball/softball cage rentals, clinics, meetings and more, organized and setup by our staff. Events are typically held on weekends, but can also be arranged for weekdays during the day or evening with advanced notice.

**Please contact us at arrandolph@athleticrepublicteam.com
or (862) 419-9111 for more information**

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WHERE ATHLETES COME TO TRAIN