



**Call ELITE today for a *Free Assessment* @ (773)-631-4300**

**Assessment includes:**

Flexibility  
Range of motion  
Power  
Strength  
Speed  
Agility  
First step quickness  
Shoulder testing  
Hip testing  
Hamstring testing  
Body composition

**Assessment goal:**

To find any functional or muscular imbalance in your child's body that is hindering certain parts of their athletic performance. This assessment is used as a base for your Childs program so that each problem can be corrected and give your child the right tools to work with. Each program is designed to be sport specific and position specific. We emulate the movements made on the field/course of play in the weight room so the athletes are exposed to "situational training". They will learn to become a better athlete.