



**PERFORMANCE**

**TRAINING CAMP**

☆ **SUMMER SESSION** ☆



## **TEAM TRAINING PROGRAM**

**SPECIALIZED PERFORMANCE TRAINING BY THE STAFF WITH A PROVEN TRACK RECORD OF DEVELOPING THE BEST ATHLETES IN CONNECTICUT**

**SPEED - POWER - STRENGTH - RESILIENCE TO INJURY**

***GIVE YOUR PLAYERS THE BREAKOUT ATHLETE ADVANTAGE!***

**FRANK QUIDO | [FRANK@BREAKOUTATHLETE.COM](mailto:FRANK@BREAKOUTATHLETE.COM) | 203-315-8225**

**BreakOutAthlete.com**





## **PERFORMANCE TRAINING**

BreakOut Athlete (BOA) is the ideal setting for amateur and professional athletes looking to improve their overall health and performance, whether it be on the field, court or ice. BOA's staff, led by Frank Quido, established itself as a leader in developing some of the best athletic talent in Connecticut over the last six years. A dedicated staff and proven track record, coupled with two convenient locations along the I-95 corridor in Connecticut, make BOA the one stop for today's amateur and professional athletes.

The BreakOut Athlete curriculum improves mobility, flexibility, movement patterns, strength (absolute & explosive), and speed. Our athletes also learn the importance of recovery methods, the foundation of proper nutrition, and techniques to improve mental preparation and performance. Our training environment is highly competitive, positive, and inspirational.

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## **TEAM TRAINING PROGRAM**

At BreakOut Athlete, we understand the daily challenges for coaches, athletes, and parents including affordability, logistics, and scheduling. BreakOut Athlete simplified our Team Training program to make it easy for coaches, and their athletes.

### Affordability

Our Team Training program provides affordable, yet extremely effective results-oriented training. Groups start with a minimum of ten (10) athletes, and sessions are scheduled in 10-session blocks. The 10-session blocks are priced at \$179.00 per athlete. Will we structure less than 10 sessions on request? Sure. Do we want to? Absolutely not, because 10 sessions is a minimum commitment to truly see impactful results.

Team Training Pricing for 10-Sessions

10-14 Athletes - \$179.00 per Athlete

15-19 Athletes - \$149.00 per Athlete

20+ Athletes - \$125.00 per Athlete

### Logistics

Our two performance training facilities located in Milford and North Branford provide convenient locations for athletes living in upper Fairfield and New Haven Counties. To make logistics even easier, our staff will travel to your school or field.

### Scheduling

Our diverse staff of experienced coaches can accommodate most schedules with enough advanced notice. At the time of purchase, all 10 training sessions are scheduled, including dates, times, and location.

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## **PROVEN TRACK RECORD**

In the 2016-2017 school year, BOA athletes compiled the following achievements:

12 Professional Athletes \* 65+ Division I Athletic Scholarship Offers & 40+ Division II & III Offers in the Sports of Baseball, Basketball, Football, Hockey, Lacrosse, Softball, Tennis, Track, Wrestling \* 3 High School All- Americans \* 19 All-Staters \* 8 Conference Players of the Year \* 1 USA National Team Softball Player \* 15 FBU Youth Football Players \* 5 Nationally Recognized Youth Lacrosse Players \* 30+ Team Captains ...and we're just getting started!

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**FOR MORE INFORMATION**

Frank Quido, Owner & Director of Performance

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Website: BreakOutAthlete.com



**A SPECIAL CONGRATULATIONS TO OUR STUDENT-ATHLETES !**  
**#BOA-trained #BOAfamily #HardWorkPaysOff**  
**2016-2017 Highlights**

- \* 12 Professional Athletes \* 65+ Division I Scholarship Offers & 40+ Division II & III Offers in Baseball, Basketball, Football, Hockey, Lacrosse, Softball, Tennis, Track, Wrestling \* 3 High School All-Americans \* 19 All-Staters \*
- \* 8 Conference Players of the Year \* 1 USA Softball National Player \*
- \* 15 FBU Youth Football Players \* 5 Nationally Recognized Youth Lacrosse Players \*
- \* 30+ Team Captains ...and we are just getting started!

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## OTHER PERFORMANCE TRAINING RATES

### INDIVIDUAL PRIVATE SESSION: \$60.00

(see below for discounted price for purchase of 6 sessions)

### MONTHLY "OPEN" SESSION MEMBERSHIP: \$159.00

Entitles athlete to unlimited "open" training sessions with performance coach during the month. "Basic" membership is included at no additional cost.

### MONTHLY "BASIC" MEMBERSHIP: \$50.00

Athletes must be in high school or older. Entitles athlete to unlimited use of training facility during designated hours. Ideal membership for athletes that prefer to train without a performance coach. Facility is supervised during sessions, but basic members will not be training directly with a performance coach. Personalized training programs will be provided for an incremental additional cost.

### PRIVATE GROUP TRAINING PRICES

Groups | *Middle School \* High School \* College*

\*Pricing for 6-Session Packages

Athletes in Group	Cost per Athlete per Session*	Total Cost per Athlete 6-Sessions
1	\$55.00	\$330.00
2	40.00	240.00
3	35.00	210.00
4	30.00	180.00
5	25.00	150.00
6	25.00	150.00
7	20.00	120.00

### INDIVIDUAL ASSESSMENT & PROGRAM DEVELOPMENT

Costs vary. Please contact Coach Quido for more information.

"We believe success is found in an unwavering commitment to a process --a progression of development that requires self-sacrifice, delayed gratification, an intelligent strategy, & time... bound together with great attitude and tireless effort. At BreakOut Athlete we refer to this simply as extraordinary resolve." -- John Coughlin, Co-Founder





**ACADEMIC  
ADVISORS**

## **2015 - 2016 HIGHLIGHTS**

**85 DIVISION 1 ATHLETIC SCHOLARSHIP OFFERS**

**43 ALL-STATE ATHLETES**

JEROME CUNNINGHAM SIGNS WITH TENNESSEE TITANS  
CJ HOLMES COMMITS TO UNIVERSITY OF NOTRE DAME  
CJ LEWIS COMMITS TO UNIVERSITY OF TENNESSEE  
TARIK BLACK TO PLAY IN US ARMY ALL-AMERICAN BOWL  
ARKEEL NEWSOME NAMED TO DOAK WALKER AWARD WATCH LIST\*  
\**BEST RUNNING BACKS IN THE NATION*  
CAROLINA PANTHER RYAN DELAIRE HEADS TO SUPER BOWL  
ASTIN DONOVAN BRINGS HOME GOLD MEDAL FOR WOMEN'S  
NATIONAL SOFTBALL TEAM  
VIN GUGLIETTI SIGNS PRO BASEBALL CONTRACT  
CASEY DOWD SIGNS WITH MAJOR LEAGUE LACROSSE (MLL)  
CARLIF TAYLOR SIGNS WITH DALLAS COWBOYS  
TAYLOR SCULLY VERBALLY COMMITS TO UCONN  
MEGAN KIKOSICKI SCC PLAYER OF THE YEAR  
HOLLIS WIVELL COMMITS TO UCONN  
JOHN AMENDOLA, NICK RUBINO, SCOTT BRAREN SIGN D1 BASEBALL  
ZACHARY KASTENHUBER COMMITS TO HARVARD (FOOTBALL)  
BEN CASPARIUS COMMITS TO UNC-CHAPEL HILL (BASEBALL)  
ISAAC VANN EARNS ROOKIE OF THE AMERICAN EAST CONFERENCE  
MIKE MONTANO COMMITS TO WPI (FOOTBALL)  
TOPHER BROWN COMMITS TO AMHERST COLLEGE (BASEBALL)  
MASON POLI ACQUIRED BY BOSTON CANNONS FOR 3RD ROUND PICK  
COREY SACHS COMMITS TO UNION COLLEGE (LACROSSE)  
DARREN DEMARTINO COMMITS TO BRYANT (LACROSSE)

