

October 31st, 2016

Dear Parents/Guardians:

Welcome all parents/guardians/athletes to our 2016-2017 preseason training! My name is Brittany Lohmann. I am the co-owner and lead coach at CrossFit AMRAP in Lake in the Hills. For the past three years, our coaches have been happy to work in conjunction with the Jacobs High School baseball program, and we are excited to begin our fourth year of training this November. For those parents/guardians that are new to the program, a brief introduction and overview of the 2016-2017 training regimen has been provided below.

As in previous years, our primary goal is to work alongside the coaches at Jacobs High School to build a strength and conditioning program that prepares athletes for the upcoming baseball season. The program includes daily workouts performed at a high intensity and is progressive in nature. Although the workouts themselves change each session, each workout is composed of a combination of calisthenics (i.e. bodyweight exercises), plyometrics, endurance training and light weightlifting. Our goal in training these different domains (i.e. strength, endurance, balance, coordination, etc.) is to help build a more well-rounded athlete. In addition to our regular workouts, athletes will also partake in mobility exercises to improve his flexibility as well as prevent against injury.

Each session is approximately an hour long, and in each given class the athletes will be provided with a full body warm up; strength/endurance/skill instruction and work; a workout of the day; and mobility exercises prior to the session's end. As mentioned above, workouts will change each day and draw from a variety of movements in order to build a more well-balanced athlete. As a side note, for those athletes who may be recovering from a previous injury, we will happily modify any movement to safeguard against re-injury and/or overuse.

In terms of rates, we offer the following options for this year's training program:

- All athletes (2x/week for 12 weeks)... \$120
- \*All athletes (2x/week for 6 weeks)... \$65
- \*\*Drop-Ins... \$10/class

\*There is a convenience fee for those athletes paying either two installments or completing only one cycle.

\*\*For athletes that wish to drop-in without committing to the full training program, there is an increase in price to accommodate for the additional time the coach/trainer will need to spend with the athlete as our program is progressive in nature.

We ask that you please make our checks to: "Brittany Lohmann/CrossFit AMRAP". All payments are due by the program start dates:

- Tues., Nov. 8th (full 12-weeks OR first, 6-week cycle)
- Tues., Jan. 3rd (second, 6-week cycle)

In addition to the overview, a calendar has been provided with the list of dates/times for each class. As a general rule, classes will not be held on days that school is cancelled/not in session.

If there are any questions/concerns, I have provided my contact information below. Please feel free to contact me as I am happy to help. I look forward to working with the Jacobs program in their upcoming season!

In good health,

Brittany R. Lohmann  
Owner/Head Coach  
CrossFit AMRAP  
(815) 685-7717  
[brittany@crossfitamrap.com](mailto:brittany@crossfitamrap.com)

# November

2016

October						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

December						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
		WK #1 - 3:30 p.m. & 5:30 p.m.		WK #1 - 3:30 p.m. & 5:30 p.m.		
13	14	15	16	17	18	19
		WK #2 - 3:30 p.m. & 5:30 p.m.		WK #2 - 3:30 p.m. & 5:30 p.m.		
20	21	22	23	24	25	26
		OFF WEEK - THANKSGIVING		OFF WEEK - THANKSGIVING		
27	28	29	30	1	2	3
		WK #3 - 3:30 p.m. & 5:30 p.m.		WK #3 - 3:30 p.m. & 5:30 p.m.		
4	5	6	7	8	9	10

# December

2016

November						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

January						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
				WK #3 - 3:30 p.m. & 5:30 p.m.		
4	5	6	7	8	9	10
		WK #4 - 3:30 p.m. & 5:30 p.m.		WK #4 - 3:30 p.m. & 5:30 p.m.		
11	12	13	14	15	16	17
		WK #5 - 3:30 p.m. & 5:30 p.m.		WK #5 - 3:30 p.m. & 5:30 p.m.		
18	19	20	21	22	23	24
		OFF WEEK - WINTER BREAK		OFF WEEK - WINTER BREAK		
25	26	27	28	29	30	31
		OFF WEEK - WINTER BREAK		OFF WEEK - WINTER BREAK		
1	2	3	4	5	6	7

# January

2017

December						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		WK #6 - 3:30 p.m. & 5:30 p.m.		WK #6 - 3:30 p.m. & 5:30 p.m.		
15	16	17	18	19	20	21
		WK #7 - 3:30 p.m. & 5:30 p.m.		WK #7 - 3:30 p.m. & 5:30 p.m.		
22	23	24	25	26	27	28
		WK #8 - 3:30 p.m. & 5:30 p.m.		WK #8 - 3:30 p.m. & 5:30 p.m.		
29	30	31	1	2	3	4
		WK #9 - 3:30 p.m. & 5:30 p.m.		WK #9 - 3:30 p.m. & 5:30 p.m.		
5	6	7	8	9	10	11

# February

2017

January						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
				WK #9 - 3:30 p.m. & 5:30 p.m.		
5	6	7	8	9	10	11
		WK #10 - 3:30 p.m. & 5:30 p.m.		WK #10 - 3:30 p.m. & 5:30 p.m.		
12	13	14	15	16	17	18
		WK #11 - 3:30 p.m. & 5:30 p.m.		WK #11 - 3:30 p.m. & 5:30 p.m.		
19	20	21	22	23	24	25
		FINAL WEEK- WK #12 - 3:30 p.m. & 5:30 p.m.		FINAL WEEK- WK #12 - 3:30 p.m. & 5:30 p.m.		
26	27	28	1	2	3	4
5	6	7	8	9	10	11