



Chris Parrish
World Record Holder

SPECIALIZED SLALOM TRAINING



The National Training Center is now offering a testing/training package specifically for slalom skiers. Work with our water-ski specialist to identify and conquer your weak areas and hit the water ready to reach your goals.

- Motion Analysis – video motion analysis identifying functional limitations and/or compensations
- Resting Metabolic Rate – accurately measure your caloric needs to achieve your ideal competition weight
- Body Composition – separate fat mass from lean body mass
- One on One training session – receive a take home workout that addresses weakness/tightness identified in the motion analysis

For more information and to register call
Karyn Eade at 407.625.6789 or e-mail klharpell@aol.com
Cost \$295.00