

@elemental_athlete
elementalx.co

BUILD YOUR ATHLETE RESUME

SUNDAY, JANUARY 22
2PM

Are you seeking to play your sport in college? Join us to learn the ins and outs of exactly what coaches are looking for on your resume.

HOW TO CONNECT WITH COLLEGE COACHES & STAND OUT

SUNDAY, FEBRUARY 19
2PM

Your resume is complete. Now how do you get it in front of the right coaches? Join us to learn 4 tricks that most athletes aren't doing and how you can stand out from the masses.

COMBATIVES FOR FOOTBALL

SATURDAY, JUNE 25
8AM

This seminar is an absolute must do if you're an O-lineman, D-lineman, Wide Receiver, Defensive Back, Linebacker, or Running Back. Learn how to use your hands to neutralize and defeat more athletic opponents.

UPCOMING ATHLETE WORKSHOPS

AGES 13-18
ALL SPORTS

510 W CARMEL DR
CARMEL, IN 46032

TO REGISTER



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MIDTOWN CARMEL PULL UP CHALLENGE

FRIDAY, OCTOBER 14
4PM-6PM
SUN KING BREWRY

Can you do 15 pull ups? If you hit the mark you win a free beer on us! All participants enter for a chance to earn one month free membership! Meet us at Sun King Brewery!

WHISKEY & WEIGHTS

WEDNESDAY, NOVEMBER 2
6PM-8PM

Reserve your night for this fun evening to connect with others, lift weights and try a variety of whiskeys and bourbons.

STAY STRONG, LEAN & INJURY FREE AFTER 40

SUNDAY, JUNE 25
2PM

Bring a sample of your workout routine and join us as we dissect the 5 elements required to drop the beer belly, work around injury and joint replacements and feel better after 40.

UPCOMING ADULT ATHLETE EVENTS

AGES 40+
ALL SPORTS

TO REGISTER



How today's youth sports are hurting your child (literally) and what parents can do to be part of the solution.



Join us in this eye-opening discussion about how our current sports leagues are designed to wear kids out and keep them side-lined due to injury and poor management. Get the truth about how to parent your young athlete in today's competitive sports environment. Walk away with 5 immediate tools you can activate NOW to make sure your child reaches their optimal potential this season.

ABOUT YOUR SPEAKER

Chris Snyder is the Co-Owner of ELEMENTAL, a specialty fitness and lifestyle practice that helps athletes to shift from mediocre to maximum overall performance through creative modalities that custom fit each athlete. Chris has been an innovator for 20+ years in Indycar strength and conditioning and pit stop performance. He has over 15 years of competitive play as a defensive-end at Penn State, the Arena Football league and the NFL. Chris is an inspiration to young, aspiring athletes, as well as those who wish to advance in the development of sport and compete at a collegiate or professional level.

LEARN THE SECRETS

- ✓ Training vs. Overtraining
- ✓ How to avoid burnout in your young athlete
- ✓ Navigate the different resources of your developing athlete (rehab, strength training, skill specific coaches, practice & doctors visits)
- ✓ What a quality athlete development program looks like & what to avoid.

SIGN UP HERE

Sunday, November 6

1pm

ELEMENTAL

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Carmel, IN 46032

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🌐 www.elementalx.co



"...his knowledge, time and attention are spot on. He is training my son on speed and agility work for lacrosse and the improvements in a month are remarkable...." Jenny M.