

3N Sports Pricing

Pat Noles — Basketball Training

- **Individual Training** (1-3 players) - \$75 per hour or \$350 for a 5-hour package
- **Group Training (4-8 players)** - \$100 per hour
 - Group training must be paid up front in one transaction (no split payments)
- **NEW OFFER!!! Premier Training** (1-2 players) - \$150 per hour (Sundays only)
 - Each workout will consist of two coaches. filmed workouts and pro style methods to better your game.

Contact info: 614.595.0276 or pnoles54@gmail.com

Kris Snyder – Complete Athlete Training

Functional Movement Screen (FMS) for Injury Prevention & Corrective Exercise

- **Band Training** - Individual Training (1-3 players, for ages 13+) - \$70 per hour or \$300 for a 5-hour package
- **Functional Movement Screen (FMS) & Consult** - \$100
- **SO+ Fitness & Kickboxing** - weekly & monthly packages available, contact Kris for pricing

Contact info: 614.633.7179 or boom_sny@yahoo.com

James Field – Soccer Field Academy

- **Individual & Small Group Training** (1-3 players) - \$150 per session
- **Group Training** (4+ players) - \$30 per player, per session. \$150 minimum per session
- **Weekly Academy Membership**
 - College Prep U15 - U19 (training two times per week) \$215 per month
 - Elite Level U9 - U14 (training two times per week) \$200 per month
 - Junior level U9-U19 (training one time per week) \$125 per month

Contact info: 614.906.0567 or jfield@soccerfieldacademy.com

Brent Johnson – Personal Training; Sport Specific Training

- **Individual Training** - \$75 per hour or \$40 for half an hour
- **Group Training** (3-6 players) - \$25 per athlete per hour or \$15 for half an hour

Contact info: 614.570.9918 or bexleybuckeye3330@email.com

Elijah Scott – Basketball Training

- **Individual Training** (1-3 players) - \$50 per hour
- **Group Training** (4 player group) - \$80 per hour
 - Only available Wednesday, Thursday & Friday 5:45 pm 8:45 pm

Contact info: 614.290.4S97

Delaney Cutteridge – Basketball Training

- **Individual Training** (1-3 players) - \$50 per hour
- **Group Training** (4 player group) - \$80 per hour

Contact info: 614.832.8456

Sam Nolan – Basketball & Personal Training

- **Basketball Training**
 - Elementary - Individual \$45/hour (10 hours for \$425)
 - Middle School - Individual \$55/hour (10 hours for \$525)
 - High School – Individual \$65/hour (10 hours for \$625)
- **Basketball Training**

Contact info: 614-353-2184 or snolan23@gmail.com