

## 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 (Sunday's only)
    - \*Each workout will consist of two coaches, filmed workouts and pro style methods to better your g
- \*Pat Noles – 614.595.0276 – pnoles54@gmail.com

### **Kris Snyder – Complete Athlete Training \*Functional Movement Screen (FMS) Includ. 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
  - 50+ Fitness & Kickboxing – weekly & monthly packages available; contact Kris for pricing.
- \*Kris Snyder– 614.633.7179 – 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.
- \*James Field – 614.906.0567 – jfield@soccerfieldacademy.com

### **Brent Johnson – Personal Training; Sport Specific Training**

- Individual Training - \$75 per hour or \$40 for ½ hour
  - Group Training (3-6 players) - \$25 per athlete per hour or \$15 for ½ hour
- \*Brent Johnson – 614.570.9918 – bexleybuckeye3330@gmail.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 5:45pm - 8:45pm
- \*Elijah Scott – 614.290.4597

### **Delaney Cutteridge – Basketball Training**

- Individual Training (1-3 players) - \$50 per hour
  - Group Training (4 player group) - \$80 per hour
- \*Delaney Cutteridge – 614.832.8456

### **Melissa Jeltema – Basketball Training & Personal Training**

- Basketball Training: Elementary – Individual \$45/hour (10 hours for \$425)  
Middle School – Indiv. \$55/hour (10 hours for \$525) High School – Indiv. \$65/hour (10 hours for \$62)
- Personal Training / Sport Specific Strength & Conditioning