Summer Training with Kelli Thiederman

This program is for ages 12 and up, if you have any questions please contact Kelli at 509-531-3712.

If you’re not sure where you fit Kelli will do an evaluation to make sure you’re in the right class.

This will be a group session held at the Richland High School football field. Kelli will cover strength, conditioning, form and endurance. You will increase your speed, strength and confidence by pushing yourself with the techniques Kelli gives you.

Registration Form

Pick your session you will need to commit for a month at a time and June will be prorated do to starting on June 16th.

First Name: ___________ Last Name: ___________
Birthday Date: ___________ Grade: ___________
Legal Parent or Guardian: ______________________
Address: ____________________________________
City: ______ State: ______ Zip: __________
Phone 1: ___________ Phone 2: ___________
E-mail: ____________________________________
Medical Conditions: _________________________
Emergency Contact: _________________________
Emergency Contact Number: _________________
Emergency Contact 2: _________________________
Emergency Contact Number 2: _________________

Classes Monday - Thursday
Advanced □   □ Intermediate
7:00am - 8:00am  8:00am – 9:00am

2 days a week
$240 □ or □ 3 payments of $80

3 days a week
$300 □ or □ 3 payments of $100

4 days a week
$330 □ or □ 3 payments of $110

Payment options: You can pay monthly minus the 2 weeks in June, or if you pay for the full summer at one time you get $25 OFF.

Contact Kelli today to go to the next level!
(509) 531-3712