

**LIBERTYVILLE SPORTS COMPLEX
DAILY FEES**

***FEES ARE SUBJECT TO CHANGE**

Daily Visits	Fee	Open Gym	Climbing Mountain	Fitness Center
14 yrs +	\$12	X	X	X
All Ages	\$10	X	X	
All Ages Open Gym Only	\$8	X		
Multi-Use Pass 20 Visits	Fee	Open Gym	Climbing Mountain	Fitness Center
All Ages	\$180	X	X	
All Ages Open Gym Only	\$140	X		

**DOUBLE DRIBBLERS FOR
BOYS & GIRLS GRADES K-2**



This fundamental program will concentrate on introducing and developing the skills needed for the game of basketball. Drills will be conducted in group and individual format for a portion of class, followed by controlled scrimmages and games. Junior size ball and adjusted rim heights will be used for full enjoyment of the game. *The Libertyville Sports Complex will provide some basketballs. However participants are encouraged to bring their own basketball to class. Be sure to write your child's name on the basketball.*

Coaches: 1-2 volunteer coaches per team are needed. Week one, coaches will work with the Libertyville Sports Complex staff to help with skills/drills. Teams will be created by week 2. Coaches will begin leading team practices week 2 with Libertyville Sports Complex staff there to assist. **Times below are subject to change.**

Dates: Saturday, Jan 14-Mar 4, 2017

Fee: \$80 R/\$90 NR

Location: Libertyville Sports Complex

Kindergarten: 12:30-1:30 pm Code: 5879

Consists of 4 weeks of practice./controlled scrimmages followed by 4 weeks of games.

First Grade: 1:30-2:30 pm Code: 5880

Consists of 3 weeks of practice/controlled scrimmages followed by 5 weeks of games.

Second Grade: 2:30-3:30 pm Code: 5881

Consists of 2 weeks of practice/controlled scrimmages followed by 6 weeks of games.

Volunteer Coach Codes

- 5882 Kindergarten
- 5883 Grade 1
- 5884 Grade 2

**SPORTS & MORE
HOLIDAY CAMP FOR KIDS**

Join us as we heat up the Sports Complex on some of the coldest days of winter! Activities for kids can include organized sports, climbing mountain, movies, etc.. We will provide a pizza lunch for kids attending!

Time: 8:00 am-4:00 pm

Grades: K-6

Location: Libertyville Sports Complex

Fee: \$40 R/NR for the day

6173	Dec 26	Monday	Jan 2	6179
6175	Dec 27	Tuesday	Jan 3	6180
6176	Dec 28	Wednesday	Jan 4	6181
6177	Dec 29	Thursday	Jan 5	6182
6178	Dec 30	Friday	Jan 6	6183

Sign up for one or more days!

SABRE FENCING

Taught by Sports Master Mikhail Tsipis, who has over 45 years fencing experience. Questions call 847-409-1772.

Ages: 7+

Day: Thursday

Time: 7:30-8:30 pm

Fee: \$90 R/\$95 NR

Location: Libertyville Sports Complex

6490 Jan 12-Feb 16

6491 Feb 23-Apr 6 (No class Mar 30)

6496 Apr 13-May 19

Equipment Purchase Information:

- Practice sabre, cotton jacket, mask, glove at \$125-\$161 with shipping & handling.
- Equipment is not necessary for the first two lessons.
- We recommend www.absolutefencinggear.com.
- For personal sizing issues contact : Michael Czarnik, fencer52@aol.com, 847-590-0929





WINDY CITY FIELD HOCKEY CLUB
at the
Libertyville Sports Complex

Windy City Field Hockey is Chicago's oldest and largest field hockey club since 1991. Windy City's Owner and Director, Katie Beach, is an Olympian and former Division I College Head Coach with extensive knowledge of the sport as it pertains to all age groups. The Windy City owners and directors are full time club professionals with extensive national and local relationships. Our coaches are all former collegiate players who have experienced the requirements in collegiate play.

In Windy City FHC you will find professionally run programs for nearly all ages, skills, and time commitments. We satisfy beginners wanting to experience the sport for the first time, players that want to get more training throughout the year and the serious travel team player.

Windy City Academy provides opportunities to 6th-12th grade players who wish to play one time per week in the off-season. The program consists of eight, 2 hour sessions, January-March. The sessions develop the skills and tactics that are applicable to the 11v11 outdoor game that is played on grass, filled turf and Astroturf.

Saturday Morning Option:
 Please check our website at:
<https://shop.windycityfieldhockey.com>

Windy City Roots allows young players to experience the fun of playing with a stick and a ball. Roots is for players that want to experience the sport for the first time or continue to learn and develop. Windy City provides a professionally run program in the Winter for K-5th graders. Each session consists of a skill component and finishes with small game play. The emphasis is on learning and perfecting the basic skills.

Saturday Morning Option:
 Please check our website at:
<https://shop.windycityfieldhockey.com>

To register:
 Online registration is available by going to the following link: <https://shop.windycityfieldhockey.com> and click on the Academy Program.

For more information go to the website at www.windycityfieldhockey.com

Contact Katie Beach at Windy City Field Hockey at 847-691-0051 or Katie@windycityfieldhockey.com

2017 YOUTH RECREATIONAL INDOOR SOCCER LEAGUE

Join us for the Youth Recreational Indoor Soccer League for boys and girls grades 3-8. Seasons offered in the Fall and Winter. This is a non-competitive program with the main emphasis on having FUN! League standings or individual statistics are not maintained. The goal of the program is for players to learn the basic skills necessary to succeed and have fun in soccer. The philosophy of the Youth Recreational Indoor Soccer League is to provide an equal opportunity for all children to learn and develop soccer skills, team play, sportsmanship and a greater appreciation for the game in a safe and fun environment. Individual or Team Registration is accepted.

Day: Games will be played on Fri, Sat and/or Sun
Location: Libertyville Sports Complex Turf Fields
Fee: \$95 R/\$105 NR

Games: The season will be 8 games. Games will be two – 20 minute halves.

Equipment: The Libertyville Sports Complex will provide team shirts. Children should wear athletic shoes (rubber molded cleats are optional), comfortable shorts and shin guards.

Coaches: House teams will need a volunteer coach. To sign up to coach, complete the coach registration form located at www.libertyville.com/youthsoccer.

Special Requests: We will do our best to accommodate friend requests. Requests must be made in writing at the time of registration.

WINTER LEAGUE DATES: JAN 20-MAR 19

5854	Grade 3	5857	Grade 6
5855	Grade 4	5858	Grade 7
5856	Grade 5	5859	Grade 8



PINTSIZE SPORTS



These classes for kids ages 2-5 are a great way for your child to increase motor skills and athletic awareness while having fun. Pintsize sports will focus on taking turns, sportsmanship and beginning skills for each sport. Remember to register early! All sports classes take place at the Libertyville Sports Complex with trained instructors. Please wear gym shoes and comfortable clothing. A water bottle is recommended.

2 year old Pintsize

Fee: \$47 R/\$57 NR
 Day: Wednesday
 9:00-9:30 am 10:00-10:30 am
 6468 Jan 11-Feb 15 6493
 6469 Feb 22-Apr 5 6494

3 year old Pintsize

Fee: \$47 R/\$57 NR
 Time: 9:00-9:45 am
Tuesdays **Fridays**
 6470 Jan 10-Feb 17 6472
 6471 Feb 21-Apr 7 6473

Sports Bunch for 3-5 year olds

For preschool ages 3-5 to extend their day with an extra 45 minutes of fun to burn off a little energy. This class will cover a variety of sports and games.

Time: 11:20 am-12:05 pm
 Day: Friday
 6492 Jan 13-Mar 24 (11 weeks) \$86 R/\$96 NR
 6495 Apr 7-May 19 (6 weeks) \$47 R/\$57 NR
 No class 4/14

4-5 year old Pintsize Sports

Fee: \$56 R/\$66 NR

Tuesdays: All Sports
 Time: 10:00-11:00 am
 6474 Jan 10-Feb 14
 6475 Feb 21-Apr 4

Soccer
 Time: 1:00-2:00 pm
 6488 Jan 10-Feb 14
 6489 Feb 21-Apr 4

Wednesdays: All Sports
 Time: 11:00 am-noon
 6476 Jan 11-Feb 15
 6477 Feb 22-Apr 5

All Sports
 Time: 1:00-2:00 pm
 6484 Jan 11-Feb 15
 6485 Feb 22-Apr 5

Thursdays: T-ball

Time: 10:00-11:00 am
 6486 Jan 12-Feb 16
 6487 Feb 23-Apr 6

All Sports
 Time: 1:00-2:00 pm
 6478 Jan 12-Feb 16
 6479 Feb 23-Apr 6

Fridays: All Sports
 Time: 10:00-11:00 am
 6480 Jan 13-Feb 17
 6481 Feb 24-Apr 7

Basketball
 Time: 1:00-2:00 pm
 6482 Jan 13-Feb 17
 6483 Feb 24-Apr 7

**NO SPORTS CLASSES DURING
 SPRING BREAK: MARCH 27-31**





As parents, we know you are seeking a rewarding developmental sports experience that keeps sport simple and makes learning fun for your child. And, you want to get your money's worth. Your enrollment into Jelly Bean Sports' classes gives first-hand access to the foremost experts in sport-for-children's development. Get ready to be amazed at your child's positive reactions to Jelly Bean Sports' always fun, humorous, one-of-a-kind, entertainment approach. See you in class! All equipment is provided.

Participants receive a FREE Jelly Bean Sports t-shirt!

Jelly Bean Sport Shorts

Get the week off to a great start by sampling all of your child's favorite sports, including soccer, t-ball and flag football, as well as unique offerings like hockey and golf! As leading sport-for-child development experts, Jelly Bean Sports emphasizes fun and teamwork, as opposed to competition, to keep your child interested and engaged in the sports learning process. Each week, we introduce a new sport through exercises, drills and games that build listening, communication, motor skills, self-confidence and a passion for sports. NO CLASS: 4/17 or 5/5

AGES	DAYS	DATES	TIME	FEE	CODE
2-3 years	Mon	Feb 20-March 20	1:45-2:30pm	\$86 R/\$96 NR	6558
2 ½ -3 years	Mon	April 3-May 15	10:30-11:15am	\$102 R/\$112 NR	6559
4-5 years	Mon	Feb 20-March 20	2:30-3:15pm	\$86 R/\$96 NR	6561
4-5 years	Mon	April 3-May 15	11:30am-12:15pm	\$102 R/\$112 NR	6562

Jelly Bean Mommy/Daddy & Me Sport Shorts

Explore the world of sports with your child through interactive story-telling and sensory play! Jelly Bean Sports does it right - utilizing your child's favorite learning tools, like bubbles, parachutes, noodles, colorful dots, and rings to introduce a new sport each week. All of our equipment is just the right size for your early learner, and each class focuses on celebrating the small wins that keep your child excited to play! NO CLASS: 4/17 or 5/5

AGES	DAYS	DATES	TIME	FEE	CODE
18-29 mos	Mon	April 3-May 15	9:30-10:15am	\$102 R/\$112 NR	6564

Jelly Bean Soccer Prep

Just short of your child doing backflips, you can expect him or her to be begging to come back after every class. By keeping sports simple and making learning fun, Jelly Bean Sports integrates all your child's favorite touches like bubbles, parachutes, rings, dots, beach balls and cones to help children of every skill level learn how to take to coaching and work both individually and collectively within a group. You will watch your child's attitude and confidence grow as he or she starts owning the soccer process taught the Jelly Bean Way. NO CLASS: 5/4

AGES	DAYS	DATES	TIME	FEE	CODE
2 ½-3 years	Thu	Feb 23-March 23	3:30-4:15pm	\$86 R/\$96 NR	6566
2 ½-3 years	Thu	April 6-May 18	3:30-4:15pm	\$102 R/\$112 NR	6567
4-5 years	Thu	Feb 23-March 23	4:15-5:00pm	\$86 R/\$96 NR	6568
4-5 years	Thu	April 6-May 18	4:15-5:00pm	\$102 R/\$112 NR	6569

Jelly Bean T-Ball Prep

Ready to experience the most fun your child will ever have learning about t-ball? This developmental, preparatory program was designed with your child in mind! Bubbles, foam noodles, squishy balls, colorful bases, and a cast of cartoon characters that help teach kids a silly baseball language make learning fun and keep t-ball simple for your child. Jelly Bean Sports gets kids moving throughout each class and helps develop the fine and gross motor skills needed for success in t-ball! Please bring a baseball mitt. NO CLASS: 4/17 or 5/4

AGES	DAYS	DATES	TIME	FEE	CODE
2 ½ -3 years	Mon	April 3-May 15	12:30-1:15pm	\$102 R/\$112 NR	6570
2 ½-3 years	Thu	April 6-May 18	5:15-6:00pm	\$102 R/\$112 NR	6571
4-5 years	Mon	April 3-May 15	1:30-2:15pm	\$102 R/\$112 NR	6572
4-5 years	Thu	April 6-May 18	6:15-7:00pm	\$102 R/\$112 NR	6573



CLUBS

AT THE LIBERTYVILLE SPORTS COMPLEX



YOUTH BASKETBALL TRAINING AND CAMPS

CHECK OUT OUR HOUSE LEAGUE, WHICH OFFERS SKILLS TRAINING AND GAMES

TO REGISTER AND SEE WHAT WE HAVE TO OFFER GO TO:

WWW.KESSELSTRAINING.COM

OR CONTACT KYLE KESSEL:

847-406-7989



Greater Libertyville Soccer Association

For more information on classes & schedule, www.glsa.org under the Programs Button.

Come play at one of the most respected clubs in Illinois!

Following the motto, *Play the Game you Love, Love the Game you Play*, the Greater Libertyville Soccer Association offers a wide variety of soccer classes and experiences. All classes are taught in accordance with US Soccer Developmental Curriculum in a fun & exciting environment.

- Introductory classes for the youngest ages
- Mid level classes for the Recreational player looking for a greater level of training
- Technical & Position Specific training for the Competitive player looking to finely tune their skills
- Small Group and Individual Training for training in a more intimate and personalized setting

AFTER SCHOOL SPORTS & GAMES

Join one of our exciting Enrichment Classes. The classes will meet once a week for an amazing time playing one of the following sports: Basketball, Baseball, Kickball, Soccer, Baseball, Dodgeball, Floor Hockey, Flag Football, and Ultimate Frisbee. Come on over and join the fun!! **Instruction by Hot Shot Sports.**

Age:	Grades 1-2	Grades 3-5
Day:	Tuesday	Thursday
Time:	4:00-5:00 pm	4:00-5:00 pm
Fee:	\$60 R/\$65 NR	\$60 R/\$65 NR
Jan 10-Feb 9	6578	6580
Feb 14-Mar 16	6579	6581
Location:	Libertyville Sports Complex	

Check out these NEW Sports programs!

SPEED & AGILITY

This program will help with reaction time, running mechanics, injury prevention, strength, power, explosiveness and speed. These programs will consist of: lateral and linear speed movements, footwork, dynamic warm-ups, stabilization, balance drills, reaction drills, running mechanics, functional strength, and injury prevention.

Antoineo Harris, Touchdown Sports, former professional NFL player and University of Illinois Fighting Illini Legend will lead this class. Real Training...Real Results...PROVEN.

See page 16 for more information on Touchdown Sports.

Age:	Grades 3-8
Day:	Monday
Time:	4:00-5:00 pm
Fee:	\$75 R/\$80 NR
Location:	Libertyville Sports Complex
6582	Jan 9-Feb 6
6583	Feb 13-Mar 13

MORE THAN A CLUB



www.illinoisjuniors.com

847-769-5261

The Illinois Juniors is excited to enter our 6th season at the Libertyville Sports Complex and is even more excited about the upgrades for the 2016-2017 season.

WHAT'S AHEAD IN 2016-2017?

"National Level" or "JO" teams to compete at the AAU National Championships in Orlando, FL.

TRYOUTS

Check our website for tryout dates and times!

CLINICS AND K-4 VOLLEYKIDZ

Check our website for dates and times!

For more information, please visit our website at www.illinoisjuniors.com



TOURNAMENTS

AT THE LIBERTYVILLE SPORTS COMPLEX

We host tournaments for Basketball, Volleyball, Field Hockey, Soccer and other sports.

Tournament Directors, to book your event, contact Randy Splitt, (847)367-3006 or rsplitt@libertyville.com

Kessel's Basketball Tournament

Dennis Kessel 847-323-4540
email: kkessel@hotmail.com
www.kesselstraining.com

For the Game

Jim Hentschel
7528 Pershing Blvd, Suite B #245
Kenosha WI 53142
262-909-1285
Fax: 262-697-4313

Play Hard Hoops

David Adelman 847-420-8115
Coach@playhardhoops.com
www.playhardhoops.com

One Day Shootouts

224-764-1-DAY (1329)
info@onedayshootouts.com
www.onedayshootouts.com

Blue Chip Tournaments

847-963-9600
info@bluechiptournaments.com
www.bluechiptournaments.com



The Center of Excellence

Program: Puts the best players, the best coaches and the "World's #1 Soccer Skills Teaching Method" together in an intense 18 week program which maximizes player development. Players train in a structured learning environment that emphasizes ball mastery, individual moves, small sided play and finishing.

COERVER® FIRST SKILLS (9 WEEKS)

This soccer training program is for boys and girls aged between 4-6. Fun is the cornerstone of the curriculum with an introduction to the Coerver Coaching Method through learning basic skills and a positive experience in the game.

COERVER® JUNIOR ACADEMY (9 WEEKS)

This soccer training program is for boys and girls aged between 6-8. The Junior Academy introduces players to the Coerver Coaching Method through learning ball mastery and individual moves based on the Coerver Curriculum, and players will play a variety of small sided games.

COERVER® BALL MASTERY ACADEMY (9 WEEKS)

This soccer training program is for boys and girls aged between 8-12. The Academy trains players with the Coerver Coaching Method through learning ball mastery, individual moves and group play based on the Coerver Curriculum.

To register, visit www.CoerverCoachingIL.com
Coerver@SoccerSuccess.com
or call 866-566-9020



LIGHTNING WINTER BASEBALL CAMP

This two-day camp is the indoor version of the immensely popular summer camp from the past three years. Players will work on pitching, hitting, and fielding fundamentals as well as play some competitive team games on the Libertyville Sports Complex's turf fields, courts, and cages. Bill Taylor (long-time varsity pitching coach and former minor league player) and Kurt Hironimus (former Libertyville H.S. and Carmel Catholic coach) will run the camp. In the past, they've brought in college and high school coaches and players in order to maintain a favorable instructor to camper ratio. Be sure to wear indoor baseball gear.

Grades: 3-8
Dates: January 2-3
Time: 8:30-11:00 am
Location: Libertyville Sports Complex Turf Fields
Fee: \$60

Email Kurt Hironimus at coachhironimus@gmail.com
to reserve a spot or if you have any questions.
Payment occurs on site the first day.

ATHLETICS - RENTALS

MEMORIES

START
HERE!



WE OFFER IT ALL!



CALL
RANDY SPLITT
847-367-3006
 WWW.LIBERTYVILLESPORTS.COMPLEX.COM

LIBERTYVILLE
SPORTS
 COMPLEX



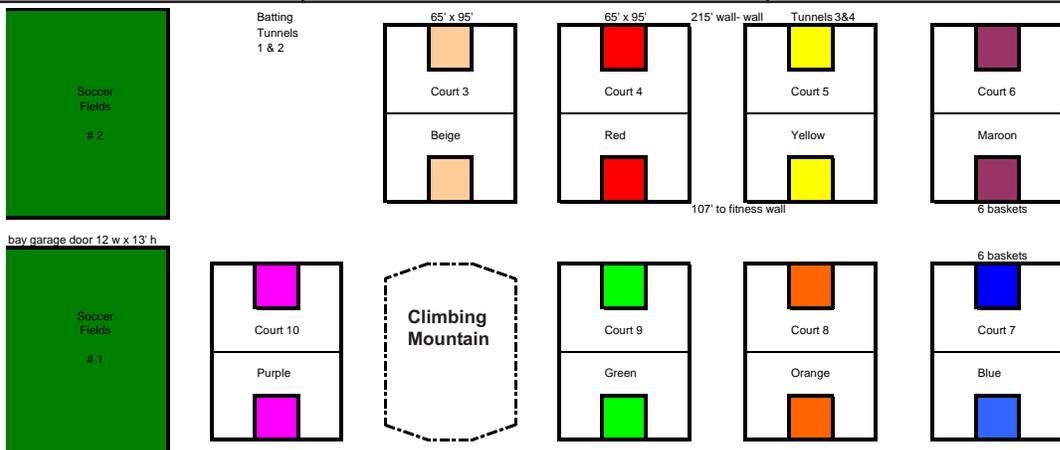
Libertyville Recreation & Sports Complex Department 847-918-7275 www.libertyville.com

RENTALS AT THE LIBERTYVILLE SPORTS COMPLEX

1950 N. Highway 45 (corner of Peterson Rd & Hwy 45)

SPORTS FACILITY RENTALS Contact Randy Splitt, 847-367-3006, rsplitt@libertyville.com

Surface Location	April-September Rental Fee	October-March Rental Fee
Turf Fields	\$160 per hour	\$195 per hour
Basketball Courts	\$75 per hour	\$95 per hour
Batting Cages	\$55 per hour	\$55 per hour
Climbing Mountain	\$250 per hour	\$250 per hour



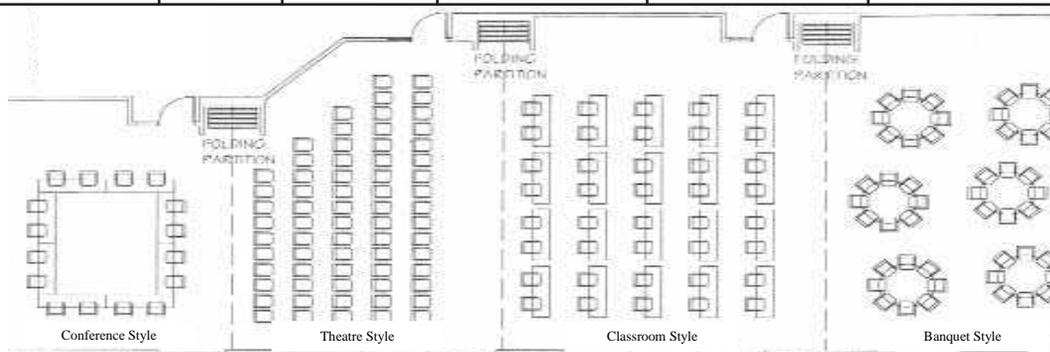
Team Building The Sports Complex staff will help you set up and run Team Building activities ideal for motivating and exciting your employees. *Game suggestions include:* Mountain Climbing Challenge, Mini Golf Best Ball Challenge, Human Checkers, Knots, Mine Field, Hula Hoop Havoc, and many more!

Corporate Play Days Reward your employees with both a fun and relaxing day of play! *Packages start at \$6 per activity and can include:* Indoor Soccer Field, Basketball/Volleyball Court, Golf Driving Range, Batting Cages and Climbing Mountain.

Group Outings, School Field Trips, Day Camp Field *Packages start at \$6 per activity and can include:* Indoor Soccer Field, Basketball/Volleyball Court, Golf Driving Range, Batting Cages & Climbing Mountain.

MEETING & PARTY ROOMS Contact Randy Splitt, 847-367-3006, rsplitt@libertyville.com

Meeting Rooms	Hourly Fee	Full Day Fee	Conference Capacity	Theatre Capacity	Classroom Capacity	Banquet Capacity
Meeting Room 3	\$70	\$405	32	91	40	56
Meeting Room 4	\$70	\$405	32	78	32	56
Meeting Room 3 & 4	\$110	\$500			20/20	
Party Room 1 or 2	\$30	\$405			20/20	
Party Room 3	\$50				30	





BOXING

Teaches beginner to advanced level fighters the fundamentals of boxing using proper form and technique to ensure safety, develop speed and power punches as well as the lost art of counter punching. Typical group sessions combine shadow boxing, jumping rope, heavy bag, upper cut bag, double end bag and one-on-one hand mitts. Find out why boxers are often known to be the most well conditioned athletes in the world.

Location: Inside the Libertyville Sports Complex
Days & Times: 60 Minute Group Training Sessions
Mondays: 9:30 am, 4:00 pm, 5:00 pm
Tuesdays: 4:00 pm, 5:00 pm
Wednesdays: 9:30 am, 4:00 pm, 5:00 pm
Thursdays: 4:00 pm, 5:00 pm
Fridays: 9:30 am
Saturdays: Open Gym 9:30 am-noon
Cost: Unlimited Monthly \$150

FIGHT CLUB

Fridays: 5:00 PM
Cost: Unlimited Monthly \$50

KIDS BOXING

Mondays: 4:00-5:00 pm AND 5:00-6:00 PM
Tuesdays: 4:00-5:00 pm AND 5:00-6:00 PM
Wednesdays: 4:00-5:00 pm AND 5:00-6:00 PM
Thursdays: 4:00-5:00 pm AND 5:00-6:00 PM
Cost: Unlimited Monthly \$120

MMA ADULTS

Mondays: 7:00-8:15 pm
Tuesdays: 6:30 pm, 7:30 pm
Wednesdays: 6:30-8:00 pm
Thursdays: 6:30-8:00 pm
Cost: Unlimited Monthly \$150

FIGHT FIT ADULTS

Saturdays: 10:00-11:00 am

MMA KIDS

Mondays: 5:30-6:30 pm
Tuesdays: 5:30-6:30 pm
Wednesdays: 5:30-6:30 pm
Thursdays: 5:30-6:30 pm
Cost: Unlimited Monthly \$120

VISIT WWW.TOUGHMANCROSSTRAINING.COM

OR CALL 847.345.5666 FOR DETAILS.

FREE TRIAL CLASS

CROSS TRAINING

Using a blend of crossfit and bootcamp style workouts, Cross Training is different every day to eliminate boredom and create new challenges. By integrating push-ups, pull-ups, squats and other strength building exercises with running, sprinting drills and plyometrics designed to increase speed and build cardiovascular endurance, you are guaranteed to shed extra pounds and get fit... **FAST.**

Location: Inside the Libertyville Sports Complex
Days & Times: 60 Minute Group Training Sessions
Mondays: 6:00 am, 8:30 am
Tuesdays: 6:00 pm
Wednesdays: 6:00 am, 8:30 am
Thursdays: 6:00 pm
Fridays: 6:00 am, 8:30 am
Cost: Unlimited Monthly \$150

SPEED & AGILITY with ANTOINEO HARRIS

Are you competing at the top of your game?

- ✓ INTENSIFY YOUR CARDIOVASCULAR & MUSCULAR ENDURANCE
- ✓ SHARPEN YOUR REACTION TIME & QUICKNESS
- ✓ IMPROVE YOUR FOOT WORK & FOOT SPEED
- ✓ AMPLIFY YOUR SPEED
- ✓ DEVELOP YOUR STRENGTH & POWER
- ✓ INCREASE YOUR VERTICAL JUMP

Every athlete can improve their game by getting faster, stronger, tougher and by improving their endurance, agility, balance and power. Every athlete's time of playing sports is limited so now is the time to start sharpening skills. By appointment call 847.345.5666.

THE COACHES

Larry Lentz has trained professional and amateur boxers for the past 25+ years producing national and collegiate champions. Coach Lentz has coached, cornered, refereed, judged, promoted and fought in 500+ sanctioned events during his career.

Antoineo Harris a former running back at University of Illinois and NFL Chicago Bears, Green Bay Packers and San Diego Chargers has earned himself a remarkable reputation as the best in the industry to take athletes to the next level.

Clint Blackburn Cofounder of Fight Fit, has 17 years of Muay Thai training, Brazilian Jiu Jitsu Brown Belt, over 12 years experience of Submission Grappling, 2nd DAN in Tae Kwon Do, Black Belt in Hapkido.

