



ATHLETIC PERFORMANCE PROGRAM

FALL 2026

Begins August 17, 2026

This Athlete Acceleration program is designed to improve sport-specific skills along with speed, power, endurance, strength, and agility. The program will also decrease the chance of injury in competition through the development of improved body control and increased joint stability.

Each athlete receives a complete evaluation of individual speed, strength, power, agility, flexibility, endurance, and reaction time. Based on the results, a personalized nutrition and training program is developed to maximize the chance of performance improvement.

There will be a limited number of appointments and athletes admitted to the program, so please reserve your spot ASAP. The fee covers the entire Fall season.

Cash or check (made payable to Brent Ruiz) accepted at the Beatrice YMCA front desk, or Venmo (@Brent-Ruiz-2); please fill out the reverse side and submit with payment.

*Missed appointments are not guaranteed to be made up.

2025 Average Results

- .30 second decrease in 10 yd time
- 3.31" increase in vertical jump
- 2.0" increase in lower body flexibility
- 34 lb gain in lower body strength
- 13 lb increase in lean muscle mass
- 10 lb decrease in body fat

Workout Times:

6:30 am - 11:00 am
Monday - Thursday

2 pm - 6 pm
Monday & Wednesday

Cost:

2 session per week:
\$299 member/
\$350 non-member



Dr. Brent Ruiz
1801 Scott St
Beatrice, NE 68310
402-806-2485

Beatrice YMCA
1801 Scott Street
Beatrice, NE 68310
402.223.5266

beatriceymca.org

iAthlete™ Fall 2026

iAthlete™ Registration Process:

- Determine which days and times will work best for the Athlete's schedule.
- Text a request for days and times to iAthlete™ at 402.806.2485. (Usually Monday and Wednesday or Tuesday and Thursday). Example: Mondays and Wednesdays at 4:00 pm.
- Training times available are: Monday through Thursday, 6:30 am - 11 am and 2 pm - 7 pm, in 30-minute increments.
- We will confirm your appointment times with a return text.
- Once your appointment times are confirmed, you will need to pay for the iAthlete™ session using either Venmo (@Brent-Ruiz-2), cash, or a check made payable to Brent Ruiz. Credit cards are not accepted.
- Please return this completed form with payment to the front desk.
- Scheduling conflicts do occur during the session. If you're unable to attend a scheduled appointment, text iAthlete™ and we will try to find a date to make up the missed appointment; however, we cannot guarantee a time will be available.
- Please text 402.806.2485 with any questions.

Is the participant a current Beatrice YMCA member? (circle one) YES NO

PARTICIPANT NAME: _____

PARENT/GUARDIAN NAME: _____

PHONE: _____

ADDRESS: _____

EMAIL ADDRESS: _____

SIGNING UP FOR:

☐ 2 sessions per week MEMBER \$299

☐ 2 sessions per week NONMEMBER \$350

PARTICIPATION RELEASE:

I release the Beatrice Mary Family YMCA and Dr. Ruiz from all claims of injury which may be sustained by participants while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care.

By signing below, I give the YMCA & Dr. Ruiz permission to use photographs or videos of the above-named participant for promotional materials.

I understand that refunds will not be issued in the event of injury while participating in this program; injured participants will have their session put on hold.

I AGREE THAT I HAVE READ THE INFORMATION ABOVE:

SIGNATURE: _____ **DATE:** _____

YMCA STAFF ONLY

STAFF NAME: _____ DATE: _____ AMOUNT PAID: _____ CURRENT MEMBER: YES NO