



East Coast Conditioning

Speed, Strength & Agility Training

Individual & Team Sports Performance Training

ECC Athletic Training Center

1085 Raritan Rd Clark, NJ 07066

(732) 381-9376

ECC SportsPlex

216 Tingley Lane, Edison, NJ 08820

Phone: (908) 756-6868

www.EastCoastConditioning.com



East Coast Conditioning

Speed, Strength & Agility Training

1085 Raritan Road
Clark, NJ 07066
Phone: 732-381-9376
www.EastCoastConditioning.com
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Management:

Bryan Healy

East Coast Conditioning
President / Owner
Bryan.Healy@ecc-athlete.com
732-381-9376

Bob Weisensee

Managing Partner
Bob.Weisensee@ecc-athlete.com

Dr. William Healy

ECC VP, Managing Director
Bill.Healy@ecc-athlete.com

Jim Coleman

ECC Baseball and Softball Director
of Player Development
Mike.Davis@ecc-athlete.com

Kelly Wise, CSCS

ECC Certified Strength &
Conditioning Specialist

Ngam Ngangmuta

ECC Senior Speed Specialist

Industry:

Sports Performance and
Athletic Team Training

Accounting and Legal:

Ed Morrison & Company

For ECC Licensing Opportunities
Please Contact
Bryan.Healy@ecc-athlete.com



EXECUTIVE SUMMARY

Launched in July, 2007, East Coast Conditioning is focused on Individual Sports Performance and Athletic Team Training.

East Coast Conditioning improves athletes' performance by developing the three Core Athletic Qualities that determine sport & athletic success:

Speed • Strength • Agility

East Coast Conditioning's intense, effective and creative training methods are proven to enhance overall sports performance. East Coast Conditioning is committed to:

- Develop athletic performance
- Teach sport-specific skills and knowledge
- Enable each athlete to achieve their individual goals
- Train athletes to be faster, stronger and smarter

Best Practices and Continuous Program Improvement

ECC continuously researches and incorporates the best training practices to continuously improve and add to our programs from: Sports performance, health and fitness industry leaders and research Athletic Training Associations and Certification Organizations.

Management Team:

Bryan Healy is the President of East Coast Conditioning, Speed, Strength and Agility training. Bryan brings an extensive background of athletic and fitness experience. Prior to launching East Coast Conditioning, Bryan was the National Franchise Fitness Director for Cuts Fitness, as featured by ESPN, Fox News, ABC, MSNBC, and The New York Times. Bryan earned a Division I soccer scholarship to the University of Delaware and is currently certified through the American Council on Exercise (ACE), Aerobic and Fitness Association of America (AFAA) and World Instruction Training School (W.I.T.S.)

Dr. William Healy is the V.P., Managing Director for the company. Bill has a thirty-year track record in business development and training with a distinct blend of corporate consulting, entrepreneurial and academic experience. He has earned a B.A., M.A., M.S., and Ed.D. Degrees in Industrial, Applied and Educational Psychology.

Kelly Wise, CSCS is the Certified Strength & Conditioning Specialist for East Coast Conditioning. Kelly has conducted, developed, and trained strength and conditioning programs for:

- Villanova University
- University of Delaware
- Manhattanville College
- Princeton University

Kelly is a certified strength and conditioning specialist CSCS, USAW Certified / Olympic Lifts, and has earned a B.A., M.A. in Exercise Science and Sports Pedagogy

Jim Coleman is the full time East Coast Conditioning Baseball and Softball Director of Player Development. Experience:

- Canadian American Professional Baseball League – Brockton Rox
- 4 year starter at NCAA Post University (offensive record holder)
- Trained at the Baseball Academy and International Performance Institute at IMG Academies Bradenton, FL
- Director of College Bound Program for Baseball / Softball School Franchise & Certified National Instructor

About ECC SportsPlex

East Coast Conditioning SportsPlex is a new 11,000 square foot facility in Edison, N.J. Our multi-sport indoor turf facility offers year-round training and practice facilities for most sports including, soccer, baseball, softball, lacrosse, field hockey, and football for both individual and team training sessions. Our staff makes training intense – but fun. We work hard to keep our athletes motivated and constantly include new and effective techniques to keep workouts fresh and challenging.



East Coast Conditioning

Speed, Strength & Agility Training



AS FEATURED IN:

Cranford Chronicle

FASTER AND STRONGER IN CLARK'S EAST COAST CONDITIONING SPORTS PERFORMANCE CENTER

Company prepares to open 2nd location in Morris County, while eyeing third licensed location in Monmouth – Ocean County Area



(Clark, NJ) Since launching East Coast Conditioning Sports Performance Training Center Bryan Healy, President of East Coast Conditioning, has been on the fast track building a strong following among area athletes and teams. Healy's recent decision to focus his training facility on individual athletic and team sports training and conditioning has been a hit. Individual athletes and teams from soccer, basketball, baseball, wrestling, lacrosse, softball, football and others have visited the facility and begun to reserve training time with ECC trainers.

Having trained and helped open over 200 franchised gyms throughout the US and internationally, Healy had a good feel for the potential demand for athletic training and sports conditioning. Healy explained, "Given the inherent competitive nature of sports, there is a clear need for higher level conditioning among individual athletes, teams and entire

club organizations representing many different sports".

As an example, East Coast Conditioning and the U.S. PARMA have joined forces, and will be training 12 of their elite soccer teams involving over 200 dedicated area players. "The level and intensity of play on the soccer field gets elevated every year. We wanted to provide our athletes with a higher level of training to achieve success and - at the same time - minimize conditioning related injuries which hurt both players and their teams, says Phil Luliano, President of U.S. PARMA and Victory Soccer Academy.

"The relationship between U.S PARMA and East Coast Conditioning trainers is providing our teams and players with a competitive edge heading into and during their season. Our U.S. PARMA Men's Semi Professional team trained with the East Coast Conditioning trainers in Clark during their pre season and our coaching staff is currently seeing the results, both physically and mentally", concluded Luliano.

Healy explained, "East Coast Conditioning's success is driven by the right trainers, the right facilities and the right athletes coming together in a motivating environment where they can learn, challenge themselves and improve their "Core Athletic Competencies"® - and sport specific skills".



East Coast Conditioning

Speed, Strength & Agility Training



In the sports performance industry, training results are highly dependent on the ability to personalize programs for each athlete and team. East Coast Conditioning uniquely takes the time to involve coaches in their teams' training curriculum since they spend so much time with their team and know the players' individual training needs.

Experience working with hundreds of trainers around the country has helped Healy recruit and work effectively with the best trainers and coaches. Frank Patella, NSCA Certified Strength and Conditioning Coach, and Ngam Ngangmuta, ECC's senior speed trainer who played professional soccer in Cameroon, share Healy's vision and have joined the ECC team. "I have spent the last eighteen years training inside large fitness centers and

with collegiate teams. The vision, commitment and environment at East Coast Conditioning made my decision to join their team an easy one", says Patella.

In addition to team and group training, East Coast Conditioning offers open registration sports training for middle and high school athletes and free one hour team demonstrations to HS, club and travel teams to allow coaches to observe and evaluate ECC's Sports Performance training process.

Dr. William Healy, East Coast Conditioning's Managing Director, is encouraged by the immediate interest, and commented, "One reward of Sports Performance training is that it works - it is a proven fact. There is a tremendous amount of knowledge and skill for every athlete to master in speed, strength, agility and conditioning. The rapid improvement in athletes' ability, skills, stamina and competitive attitude is very rewarding."

The very best professional athletes are continuously developing their skills, techniques and conditioning. Methods used to train professional athletes are now being taught to athletes at the right age and stage. Dr. Healy acknowledges that other facilities exist in the area but contends, "Each team and athlete needs be trained differently – individually. East Coast Conditioning is continuously researching athletic training "best practices" and incorporates new techniques and ideas to encourage variety, motivation, challenge and results."

The second East Coast Conditioning licensing operation is scheduled to open by December in Montville, NJ, and discussions are proceeding quickly with locations in Monmouth and Ocean Counties. Brian Mucerino, owner of Montville Family Fitness adds, "I am looking forward to providing players and parents in our sports focused community with the competitive advantage that East Coast Conditioning Sports Performance Training has demonstrated they can provide our athletes and teams.

AS FEATURED IN

Suburban News

Covering 15 towns in Union County

Vol. 60 No. 7 25 cents

Union County's Largest Newspaper

Wednesday, July 4, 2007

East Coast Conditioning launches speed, strength and agility training facility

CLARK—After several years developing and managing Cuts Fitness, one of the fastest growing fitness franchises in the country according to *Entrepreneur* magazine, Bryan Healy decided it was time to refocus his energy and passion for competitive sports.

"It is interesting to watch fads and trends in the fitness and training industry. Over the last eight years I have seen many trends come and go.

The strongest growth area — competitive athletic performance training — is here to stay and will continue to grow as athletes and their teams become more competitive each year," said Healy.

East Coast Conditioning has teamed with Acceleration Plus of Edison to create a strong network of experienced speed, strength and agility certified trainers and accomplished athletes. Teams and individual athletes, 10 years old and up, have all benefited from the training because each session is

designed around the individual's current ability level, goals and specific sport focus. "The training provided by the ECC trainers is technically designed and proven with years of success," according to Bruce Bowers, certified U.S. weightlifting coach and founder of Acceleration Plus.

East Coast Conditioning is working with area and state teams including the U.S. PARMA Premier Soccer team and numerous high school varsity teams. While Healy plans to focus on the Union County area, he hinted that there are already plans to develop satellite ECC locations in Florida and NY in the near future through the network of trainers that helped launch East Coast Conditioning.

Summer sessions in Clark are forming now. For more information on the upcoming sessions and East Coast Conditioning call 732-381-9376 or visit www.eastcoastconditioning.com.



Two players from the US Parma premier soccer team work on overspend acceleration at the East Coast Conditioning facility in Clark.



East Coast Conditioning

Speed, Strength & Agility Training

Bryan Healy

President

ACE, AFAA, W.I.T.S. Certified

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bryan.healy@ecc-athlete.com

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East Coast Conditioning Announces the opening of “SPORTSPLEX,” a new 11,000 square foot indoor training center



Clark, NJ – East Coast Conditioning, an individual and team sports performance training center in Clark, is opening SPORTSPLEX, a new 11,000 square foot facility in Edison, N. J. SPORTSPLEX is a multi-sport indoor turf facility which will offer year-round training and practice facilities for most sports including, soccer, baseball, softball, lacrosse, field hockey, and football for both individual and team training sessions.

The SPORTSPLEX facility is located on Tingley Lane in Edison, just 5 miles from the Clark facility, and will house baseball and softball pitching lanes and batting cages, as well as turf fields available for team practice rental.



East Coast Conditioning was launched by President Bryan Healy in 2007, and the sports performance training center has gained a strong loyal following among area teams. East Coast Conditioning’s effective and creative training methods enhance overall sports performance by improving the athlete’s speed, strength and agility.

In the sports performance industry, training results are highly dependent on the ability to personalize programs for each athlete

and team. “East Coast Conditioning’s success is driven by the right trainers, the right facilities and the right athletes coming together in a motivating environment where they can learn, challenge themselves, and improve their core athletic skills,” explains Healy.

Dr. William Healy, Managing Director and Co-founder of East Coast Conditioning explained, “We started ECC after researching and incorporating the “best in class” training practices and we continuously evaluate and implement the most effective techniques in our training programs. The SPORTSPLEX facility will allow us to greatly expand the range of athletic training we offer.”

As an example, the ECC SportsPlex will continue to manage “The Baseball School”, a well established training center for all levels of baseball and softball, and allow us to provide our baseball athletes with additional training opportunities. Many of the experienced baseball training staff will be staying on at the new SPORTSPLEX.”

East Coast is currently working with area teams and organizations such as the Clark Soccer Club, Pop Warner Football and the premier men’s soccer team US Parma. Bob Weisensee, president of the Clark Soccer Club, has joined Healy as a partner in SPORTSPLEX. Weisensee’s two soccer teams have been training with Healy and his staff for the past year, and he has seen the positive results on the field. “This program is tremendous for young athletes to give them the edge in any sport,” comments Weisensee.



Frank Patella, East Coast Conditioning's head strength and conditioning coach comments "The staff at East Coast makes training intense – but fun. We work hard to keep our athletes motivated and constantly include new and effective techniques to keep workouts fresh and challenging.

Bryan Healy emphasizes the critical importance of quality instructors and the personalization of training to meet an athlete's specific goals. Athletes on club and travel teams as well as middle school, high school and college teams continue training with us because they see and experience the improvement in their performance."

The East Coast Conditioning SPORTSPLEX is scheduled to open this coming September. For more information on East Coast Conditioning's sports performance training sessions and facilities, please call 732-381-9376 or visit www.eastcoastconditioning.com



East Coast Conditioning

Sports Performance Training



Sports Performance Structured Training Rates for H.S and College Athletes

Strength or Speed Enhancement sessions with Certified Strength & Conditioning Specialists

12 Sessions: \$405
(Used within 2 months of purchase)

24 Sessions: \$750
(Used within 3 months of purchase)

36 Sessions: \$995*
(College Summer Training Special – Must be used by August 31st)

June 15th - August 31st Summer Start Times

Monday-Friday Start Times:

10:00 am
12:00 pm
2:00 pm
4:00 pm
6:00 pm

Saturday:

10:00 am
2:00 pm

Schedules will change per season (Summer, Pre-Season, Holiday, etc) – check website for monthly times

Call or e-mail 24 hours in advance to confirm a spot – (732) 381-9376 or trainer@ecc-athlete.com

Personal Training Rates

Metabolic enhancement sessions in a one-on-one setting. Sessions are 1 hour in duration.

12 Sessions: \$599 (Best value)

8 Sessions: \$480

4 Sessions: \$280

8 half hour sessions: \$320

2 on 1 training: \$100 per session*

3 on 1 training: \$135 per session*

Team & Group Training: 7-15 athletes:
\$30 / per session / per athlete*

* Sessions purchased in blocks of 8

Sports Performance Training programs will be designed by ECC Senior Strength Coach Kelly Wise, CSCS. Kelly is the Certified Strength & Conditioning Specialist for East Coast Conditioning.

Kelly has conducted, developed, and trained strength and conditioning programs for:



**PRINCETON
UNIVERSITY**



VILLANOVA



Kelly is a certified strength and conditioning specialist CSCS, USAW Certified / Olympic Lifts, and has earned a B.S., M.A. in Exercise Science.

Call to reserve your spot

(732) 381-9376

Info@ECC-Athlete.com

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East Coast Conditioning

Sports Performance Training

Introducing the 2009 ECC Trainers & Coaches

As a professional Sports Performance Training organization we commit to providing our aspiring and accomplished athletes the most experienced trainers and coaches, who have all played and trained at the highest collegiate and professional levels.

We find the experience and knowledge our trainers offer – learned while achieving their own athletic accomplishments – directly impacts our ECC athletes and gives them something extra to aspire to.

Outstanding athletes don't always make the best coaches and trainers. This is a critical consideration in selecting our ECC team. It takes a special commitment, experience and dedication to developing others. We are pleased to introduce our team.

Bryan Healy, President of East Coast Conditioning Sports Performance Training

- National Fitness Director for Entrepreneurs Magazine's "Fastest Growing Fitness Franchise" and featured by ESPN, Fox News, ABC, MSNBC, and The New York Times
- Division I Soccer Scholarship to the University of Delaware
- Certified Strength Coach / Trainer

Jim Coleman, Director of Baseball / Softball Operations

- Canadian American Professional Baseball League – Brockton Rox
- 4 year starter at NCAA Post University (offensive record holder)

John Dennis, Baseball / Softball Trainer

- 3 year starting catcher at Monmouth University (Division 1)
- Participated in numerous MLB teams pre season workouts including
 - NY Mets
 - Chicago White Sox
 - Milwaukee Brewers

Karen Kolmos, Director of Athletics

- Selected and member of All-American Travel Team by Fast Pitch Magazine ('96)
- Division I Softball Scholarship recipient to St. Peter's College (pitching / hitting)

Kevin Loalbo, Strength and Conditioning Coach

- Strength and Conditioning Degree, Montclair State University
- Athlete of the Year / Clark '06. Soccer, Basketball & Baseball

Lacey Santone, Baseball / Softball Trainer

- Division I Softball Scholarship to Wagner University
- Active Shortstop at William Patterson University

Mandy Schenck, Senior Pitching and Hitting Trainer

- NCAA All-American / College of New Jersey
- NCAA First Team Collegiate All Region

Jerry Sidman, Baseball / Softball Trainer

- Head baseball instructor for NY Mets Baseball Academy
- Associate head baseball coach at Baruck College
- 4 year starting center fielder at John Jay College

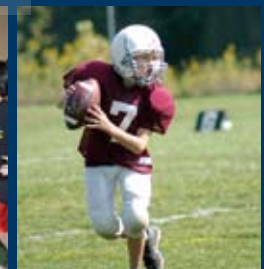
Kelly Wise, CSCS, Certified Strength & Conditioning Specialist

Kelly has conducted, developed, and trained strength and conditioning programs for:

- Villanova University
- University of Delaware
- Manhattanville College
- Princeton University



ECC SPORTS PERFORMANCE TRAINING SPECIALIZES IN
BASEBALL – SOFTBALL – SOCCER – LACROSSE – FOOTBALL – STRENGTH AND CONDITIONING



where athletes train

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East Coast Conditioning Athletic Training Center 1085 Raritan Rd, Clark NJ 07066 • (732) 381-9376 • www.eastcoastconditioning.com



East Coast Conditioning
Sports Performance Training

SPORTSPLEX

Summer 2009 Programs



where athletes train

For more information call **(908) 756-6868**
or visit **www.EastCoastConditioning.com**
216 Tingley Lane, Edison, NJ 08820

FOOTBALL CAMP With College Power/Speed Training

LEARN Skill and position development and solid FOOTBALL tactics combined with college power and speed training IN A WEEK-LONG TACKLE FOOTBALL CAMP!

Ages 10-15

Session 1: Morning camp
July 6th to 10th, 10am to 1pm

Session 2: Morning Camp
July 13 to 17th, 10am to 1pm

Session 3: Evening Camp
July 20th to 24th, 5pm to 8pm

Camps will be held indoors in at the ECC air-conditioned complex with ability to train outside at:

The Wardlaw-Hartridge School
1295 Inman Avenue, Edison, NJ 08820

Come learn the same football techniques used at the professional, college and high school levels. Players will be introduced to specific skills for their desired positions, along with general blocking and tackling techniques every player needs in order to succeed.

Coach Crisafi teams up with the professional training staff at East Coast Conditioning, to combine speed and agility training with fundamental collegiate football techniques designed to improve your overall play on the gridiron.

Price: \$249/session

All participants will receive ECC Camp football Jersey.

Coach Marc Crisafi is the program and curriculum head for the ECC Football Camp.

About Coach Crisafi:

- 20 years of football coaching experience
- Currently coaches at Arthur L. Johnson High School
- Coach Crisafi has instructed and successfully developed numerous college and professional players including:



- Pittsburgh Steelers
- Super Bowl Champion
- Right Guard Darnell Stapleton



- Rutgers University
- Offensive Lineman Desmond Stapleton
- Defensive Tackle & Team Captain Peter Tverdov

As well as many other Division 1A, 1AA, Division 2 & 3 players



TURN OVER FOR BASEBALL AND SOCCER CAMPS



SUMMER BASEBALL CAMP 2009 SCHEDULE

With Jim Coleman

Class Descriptions

Option A: Offensive Camp (Hitting, baserunning, speed and power training)

Option B: Defense Camp (Agility, speed, fielding, throwing, situations)

Option C: Pitcher/ Catcher Camp (Arm speed, footwork, mental preparation, pitch development, receiving, blocking, speed/power/agility training)

All Baseball Camps cost \$180 per player / per camp

Camps will be held at The Wardlaw-Hartridge School: 1295 Inman Avenue, Edison, NJ 08820.

Any rain complications camps will be held at our air-conditioned ECC SportsPlex.

Week 1: Ages 8-12

Option A: Offensive Camp

June 22nd to June 26th, 9am to 10:30am

Option B: Defense Camp

June 22nd to June 26th, 10:30am to 12pm

Option C: Pitcher/ Catcher Camp

June 22nd to June 26th, 12pm to 1:30pm

Week 4: Ages 13+

Option A: Offensive Camp

July 13th to July 17th, 9am to 10:30am

Option B: Defense Camp

July 13th to July 17th, 10:30am to 12pm

Option C: Pitcher/ Catcher Camp

July 13th to July 17th, 12pm to 1:30pm

Week 2: Ages 13+

Option A: Offensive Camp

June 29th to July 3rd, 9am to 10:30am

Option B: Defense Camp

June 29th to July 3rd, 10:30am to 12pm

Option C: Pitcher/ Catcher Camp

June 29th to July 3rd, 12pm to 1:30pm

Week 5: Ages 8-12

Option A: Offensive Camp

July 20th to July 24th, 9am to 10:30am

Option B: Defense Camp

July 20th to July 24th, 10:30am to 12pm

Option C: Pitcher/ Catcher Camp

July 20th to July 24th, 12pm to 1:30pm

Week 3: Ages 8-12

Option A: Offensive Camp

July 6th to July 10th, 9am to 10:30am

Option B: Defense Camp

July 6th to July 10th, 10:30am to 12pm

Option C: Pitcher/ Catcher Camp

July 6th to July 10th, 12pm to 1:30pm

Week 6: Ages 13+

Option A: Offensive Camp

July 27th to July 31st, 9am to 10:30am

Option B: Defense Camp

July 27th to July 31st, 10:30am to 12pm

Option C: Pitcher/ Catcher Camp

July 27th to July 31st, 12pm to 1:30pm

Middle School, High School & College Lessons

Each session will focus on:

- Personally determined hitting, fielding, pitching or defense skill development – 45 minutes
- Customized Baseball specific Power, Agility and Speed Development – 15 minutes

As leaders in sports performance development we know elite sports performance requires both:

- Exceptional sport specific skill and knowledge
- Comprehensive biomechanical strength and conditioning

No athlete succeeds at the most competitive levels without both. That is "How Athletes Train."

Cost: All private lesson packages are purchased in blocks of 8

# of Athletes:	1	2	3	4	5	6
Cost per Athlete:	\$60	\$50	\$45	\$40	\$35	\$30

Coaches – call for additional team package options.

Lessons for Ages 10 and Under

Baseball and Softball Lessons are 30 minutes in duration. **Cost:** \$45 per session.

SUMMER SOCCER 2009 SCHEDULE

Available to players ages 4 – 18

US Premier Soccer runs the areas best soccer camps with an emphasis on developing youth soccer players in a fun and safe environment. All aspects of the game will be covered by experienced and qualified coaches. The coaching staff has a wide variety of backgrounds and we all share a passion for soccer and its continued success and growth at the youth level.

Tots (TT) Ages 4-6
 KinderKicks Ages 5-7
 Junior (JR) Ages 7-10
 Competitive (CP) Ages 10-12
 Advanced (AD) Ages 12 over
 Teams (TM) Ages 8-19

Location	Dates	Time	Site	Programs	Price	Code
Clark	June 29 to July 3	9am to 12pm, 9am to 3pm	Bartel Fields	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	1A-UN
Westfield	June 29 to July 3	9am to 12pm, 9am to 3pm	Unami Park	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	1B-UN
Edison, Scotch Plains	June 29 to July 3	9am to 12pm, 9am to 3pm	East Coast Conditioning	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	1C-UN
Clark	July 20 to July 24	9am to 12pm, 9am to 3pm	Bartel Fields	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	2A-UN
Westfield	July 20 to July 24	9am to 12pm, 9am to 3pm	Unami Park	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	2B-UN
Edison, Scotch Plains	July 20 to July 24	9am to 12pm, 9am to 3pm	East Coast Conditioning	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	2C-UN
Clark	August 10 to August 14	9am to 12pm, 9am to 3pm	Bartel Fields	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	3A-UN
Westfield	August 10 to August 14	9am to 12pm, 9am to 3pm	Unami Park	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	3B-UN
Edison, Scotch Plains	August 10 to August 14	9am to 12pm, 9am to 3pm	East Coast Conditioning	TT, KK, JR, CP, AD, TM	\$165 KK-AD 9 to 12 \$135 TT 9 to 10:30 \$255 JR-AD 9 to 3	3C-UN