

REDLINE™ ATHLETICS

Multi-Sport Youth Athletic Training Center

SUMMER SPECIAL – Check out our new Management (Dan Cummins)

To get a jump on your offseason training, RedLine is proud to announce our summer special. RedLine is offering a **15% discount** for all Little League athletes who sign up for any unlimited membership or purchase any punch card through **July 15, 2018**. That means we will provide the monthly unlimited training program for as little as \$109.65 per month. Just mention Fairfax Little League at registration. In addition, RedLine Athletics invites you to try out our youth training center for free! All Fairfax Little League athletes are invited to try RedLine for free for a full week and receive a free Fusionetics evaluation. Visit our website to learn more and sign up for your free week and evaluation: www.redlinespringfield.com

SUMMER SPORTS CAMPS: Summer Break Multi-Sport Morning Camps: Stay active over summer break! Camps will be held each week from July 9 – August 20, 2018 from 7:45am – 11:45am. Develops core strength and sport specific foundations and skills. Athletes will play seven different sports while enhancing their speed and agility and learning the fundamentals of strength and conditioning. As always, Family discounts available!

What is RedLine Athletics?

RedLine Athletics is Northern Virginia's multi-sport youth athletic training and conditioning center. RedLine develops core strength and stability, improves speed, corrects form, increases agility, and accelerates skill proficiency. Our team of professional trainers includes specialists who played collegiate and professional baseball, basketball, soccer, softball, football, volleyball, lacrosse, and more.

RedLine has membership options to fit your schedule and your budget. Unlimited memberships start at only \$99 per month for unlimited visits.

Visit our website and Facebook to learn more about our programs and professional trainers:

www.redlinespringfield.com

www.facebook.com/RedLineNOVA

RedLine offers private lessons, team and individual facility rentals (batting cages, basketball court, training space), and mobile professional training (we bring our training to your facility).

RedLine is conveniently located next to PiYoBa Studio.

What is PiYoBa Studio?

PiYoBa studio offers classes in Pilates (Reformer and Mat), Yoga, Barre, and Zumba. Our wide variety makes our studio the perfect fit for you regardless of fitness level, lifestyle, age, or physical condition. Parents and guardians of RedLine members receive a discount of 10% off of any of our classes. www.piyobastudio.com

**REDLINE™
ATHLETICS**

8704 Morrissette Dr. Springfield, VA 22152

703-942-8786

www.redlinespringfield.com

**PiYoBa
STUDIO**
Pilates • Yoga • Barre

REDLINE™ ATHLETICS

Meet our new General Manager Dan Cummins (Former Player with the New York METS Organization): Daniel Cummins was a standout athlete at Colorado State University-Pueblo where he received a scholarship to play baseball. His Jr. Year he really made his mark with a .429-batting avg., 82 RBI's and 17 homeruns in 54 games. That same year Daniel was awarded with all conference, all region and All-American status for his performance on the field. This was also the season that put him on the map with pro scouts. In 2005 Daniel was signed by the New York Mets. He had a very successful first season posting a .330-batting average and led the whole Mets organization in catchers ERA. He had the honor of playing for Hall of Fame catcher, Gary Carter, where he learned how to really manage a game. "Gary really taught me what it means to be a catcher, you're the coach on the field Danny you have to take care of everyone else out there". This is what fueled Danny to want to coach baseball. Danny started in the baseball department at Redline Athletics in San Juan Capistrano. He has now been teaching and instructing the game of baseball for nearly 10 years. Accomplishments: Four-year varsity letterman in baseball At Don Lugo High School (southern California), Three-year starter at CSU-Pueblo, Two time All RMAC selection, Two time All West Region, 2004 All American, 2004 NBC world series All American Team, 2005 signed with New York Mets, 2006 Big league Spring Training, 2007 Winter ball in South America.

Meet the Team

RedLine is proud to introduce our staff of professional trainers: Dan Cummins and Kyle Gonzalez. A Southern Californian, Dan played professionally with the New York Mets. Kyle played four years of Division 1 basketball where he majored in Exercise Science and earned a master's degree in Kinesiology. Other staff members include Jannik Echenrode, Madison Grehawick, Maria Ciola, Jake Glasscock, and Chineze Nwagbo. Jannik recently returned from playing in Sweden after a two-year career in Iceland. Madison has played soccer for two years at the collegiate level. Maria has played volleyball for two years at the collegiate level. Jake comes to us after running the flag football program for the Redskins for the last three years. Chinny played 11 years of professional basketball in several countries in Europe after attending Syracuse University and winning 2 national championships.

Redline believes in the potential of athletes to excel in a variety of sports. RedLine members are not restricted to a single sport. RedLine trainers will develop a program to maximize results in a variety of sports including baseball, football, basketball, soccer, softball, track & field, volleyball, and more. RedLine's approach to athletic training and conditioning allows members total flexibility with unlimited access to resources and instruction.

RedLine has membership options to fit your schedule and your budget. Memberships start at only \$99 per month.

Stop by or contact RedLine today to schedule an evaluation and to start your free week.



RedLine Athletics
8704 Morrisette Dr.
Springfield, VA 22152
703-942-8786
www.redlinespringfield.com



Official Training Center of the Potomac Nationals

REDLINE™

ATHLETICS



REDLINE ATHLETICS
8704 MORRISSETTE DR SPRINGFIELD, VA

FORMER NY MET DAN CUMMINS HITTING CAMP

DAN CAME FROM THE ORIGINAL
REDLINE IN CALIFORNIA AND HOPES TO
BRING HIS PRO EXPERIENCE TO THE
PLATE AT REDLINE IN SPRINGFIELD.
"COME TRAIN LIKE A PRO, WITH A PRO"

JULY 23RD - 25TH | 9AM - 12PM

COST: \$250

