About Me:

My Name is Bill Bassett and I am the owner/ trainer at The Compound. I am an ISSA Certified Youth Fitness Trainer. I am a teacher with a Bachelors Degree in Elementary Education and Masters Degree in Education. I have been coaching, training and working with youth athletes for over 15 years. I am the Head Wrestling Coach at Ranger Pride Wrestling and help coach at Young Guns Wrestling & Team Pennsylvania. My goal is to develop and help each athlete in our area reach their maximum potential. Strength is the difference in being Good or being Great!

Our Training Styles:

Core Training
Functional Strength
Mental Toughness
Speed & Agility
Explosion
Flexibility
Muscular Endurance
Coordination & Balance
Stability & Mobility Training
Unilateral & Bilateral movements
Cardiovascular Endurance
High Intensity Interval Training HIIT
Dietary/Supplement Advice
Plyometrics

Pricing:

Youth Functional Strength Groups package plans:
Hour and 15 minute Sessions
10 sessions for $160
(once a week, lasts over 2 months)
5 sessions for $90
(Once a week lasts for five weeks)
Single session for $20

All Packages receive a Free Shirt. Sessions can be used when ever you schedule them.

Team Training
10 or more Athletes in the same time slot
$12 per session and 10 session minimum
Hour Long Sessions

One/One:
$40 per Session/ 12 Session Min.
Hour Long Session

Small Group (2-6 People)
10 session- $180 Per Client
Hour and 15 minute Sessions

Little Hammer Training
Ages 5-10 (Just Starting)
10 Sessions $90
45 minute Sessions

Family Discounts
Second Family Member 25% off
Third Family Member 50% off

Teams training with The Compound:

Ranger Pride Wrestling
3 State Champions and 7 state Medalists

The Compound has been training and working with the Ranger Pride Wrestlers for the last two years. The strength is what sets them apart on the mat and has lead to alot of success.