

BREAKTHRU SPORTS PERFORMANCE TRAINING PROGRAMS

**WE BUILD...
FASTER.
STRONGER.
ATHLETES.**

time:	mon	tues	wed	thurs	fri	time:	sat
3:30pm	PRIVATE 1-ON-1 COACHING						
4:30pm ES/MS	AGILITY & QUICKNESS	STRENGTH & SPEED	AGILITY & QUICKNESS	TOP SPEED	GAME SPEED	10:00am	STRENGTH & SPEED
5:30pm HS	AGILITY & QUICKNESS	STRENGTH & SPEED	AGILITY & QUICKNESS	TOP SPEED	GAME SPEED	11:00am	STRENGTH & CONDITIONING
6:30pm HS	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	12:00pm	

ES - ELEMENTARY SCHOOL MS - MIDDLE SCHOOL HS - HIGH SCHOOL

■ Agility & Quickness

Improve your athletes' speed, agility and quickness for all sports.

■ Strength & Speed

Designed to build sports specific strength and increase overall speed and quickness.

■ Top Speed

Maximum velocity speed training that focuses on maintaining sprint form at maximal speeds.

■ Game Speed

Combines all aspects of all the speed classes in a competitive setting to heighten mental focus and physical power.

■ Strength & Conditioning

Increases the athlete's resiliency on the field, while increasing strength and power for their sport.

*A 1-on-1 evaluation is required for all classes to ensure proper athlete placement.



Please ask about...

1 ON 1 COACHING

GET TO THE NEXT LEVEL
WITH 1-ON-1 COACHING

TEAM TRAINING

WIN MORE GAMES, GIVE YOUR TEAM
THE EDGE WITH TEAM TRAINING