



SUMMER 10 WEEK SPORTS PERFORMANCE PROGRAM

June 4th - August 9th

**Registration
NOW
OPEN!!**

PROGRAM HIGHLIGHTS:

- ❖ **SPEED:** Acceleration, Deceleration, Linear & Lateral Movement Techniques
- ❖ **EXPLOSIVE POWER:** Plyometrics, Medicine Ball, Jumping/Landing Techniques
- ❖ **STRENGTH:** Functional Approach, Focus on Upper and Lower Body
- ❖ **FLEXIBILITY:** Foam Rolling, Stretching, Muscle Activation
- ❖ **INJURY REDUCTION:** Identify & Correct Muscular Imbalances, Stabilization

Class Schedule June 4th 2018- August 9th 2018

Age Group	Monday	Tuesday	Wednesday	Thursday	Friday
HS 9-12	8-9 am	4:30-5:30pm	8-9 am	4:30-5:30pm	8-9 am
MS 6-8	10-11 am	5:30-6:30pm	10-11 am	5:30-6:30pm	10-11 am
ES 3-5	9-10 am	6:30-7:30pm	9-10 am	6:30-7:30pm	9-10 am

SUMMER 2018 PROGRAM INCLUDES:

- ***UNLIMITED** training 5 days/week Monday- Friday
- *Age Group Specific Training
- *Parents have **FREE** access to Cardio Equipment

PRICING:

\$249 FOR 10 WEEKS

***SIBLING DISCOUNT: \$179 EACH ADDITIONAL CHILD**

HURRY! SPACE WILL FILL QUICKLY!

***LIMITED AVAILABILITY**

To Register Online visit us at www.teamspeedco.com
Call (303) 779-3640 or email info@teamspeedco.com
Sterling's Team Speed 8170 S. University Blvd Ste. #190