



# WINTER SPORTS PERFORMANCE PROGRAM

**\*\*REGISTER SOON! LIMITED TO 25 ATHLETES PER GROUP\*\***

**12 WEEKS - NOV 4 THRU FEB 7**

(Excluding weeks of Dec 23 and Dec 30)

## PROGRAM HIGHLIGHTS

SPEED + AGILITY + CONDITIONING

EXPLOSIVE POWER: Plyometrics, Jumping/Landing, First Step Quickness

STRENGTH: Weekly Focus on Upper & Lower Body

FLEXIBILITY: Foam Rolling, Stretching, Muscle Activation

INJURY REDUCTION: Identify & Correct Muscular Imbalances, Stabilization

## SCHEDULE

### HIGH SCHOOL

GRADES 9-12

Sun 1-2pm

Mon 5:30pm

Thur 5:30pm

### MIDDLE SCHOOL

GRADES 6-8

Sun 3-4pm

Mon 6:30pm

Thur 6:30pm

### ELEMENTARY

GRADES 3-5

Sun 2-3pm

Mon 6:30pm

Thur 6:30pm

## WHAT THE WINTER PROGRAM INCLUDES

\* UNLIMITED training 3 days per week

\*Age Group Specific Training\*

\*Parents have FREE access to Cardio Equipment\*

## PRICING

**3 PAYMENTS OF \$129**

Monthly Payments billed Nov 1, Dec 1 and Jan 1

## REGISTRATION

To Register Online, visit us at [www.teamspeedco.com](http://www.teamspeedco.com)

Email Us at [info@teamspeedco.com](mailto:info@teamspeedco.com) or Call Us at (303) 779-3640

\*\* Once registered, no refunds are given due to limited space \*\*