



Sterling's  
**TEAM SPEED**  
THE TRAINING STARTS HERE

GIVE YOUR TEAM THE COMPETITIVE **EDGE**

# IN-SEASON TEAM TRAINING

## 10 WEEKS OF TRAINING

In-season training is adjusted to support your practice and game schedule!

Speed, Agility and Conditioning  
Maintain Strength  
Prevent Injury  
Keep you mentally focused

\$149/session

**10% discount if you register before February 15th**

Call or Email to Register  
(303) 779-3640  
info@teamspeedco.com

Don't know your schedule yet? No Problem! Get your team registered and pick your day/time when you know!

**MUST SCHEDULE BETWEEN MARCH 3 & MAY 20**