



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

MIDDLE SCHOOL & ELEMENTARY

GRADES 3-8

Sun 2-3pm

Mon 6:30pm

Thur 6:30pm

HIGH SCHOOL

GRADES 9-12

Sun 1-2pm

Mon 5:30pm

Thur 5:30pm

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

REGISTRATION CLOSES OCTOBER 20TH

To Register Online, visit us at www.teamspeedco.com

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

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