



# WINTER SPORTS PERFORMANCE PROGRAM SESSION 2

**THE FIRST ONE WAS SO GOOD, WE OPENED UP ANOTHER.**

**10 WEEKS - DEC 2 THRU FEB 22**

(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

\*Age Group Specific Training\*

\*Parents have FREE access to Cardio Equipment\*

**GRADES 3-7**  
SUN 3-4PM  
FRI 4:30-5:30PM

## SCHEDULE

**GRADES 8-12**  
SUN 9-10AM  
FRI 4:30-5:30PM

## PRICING

**2 PAYMENTS OF \$99**

Monthly Payments billed Dec 1 and Jan 1

## REGISTRATION

**REGISTRATION CLOSING NOVEMBER 15TH**

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 \*\*