



SPRING SPORTS PERFORMANCE PROGRAM

10 Week Spring Sports Performance Program

March 18th - May 25th

5 Days Unlimited Training

Sunday through Thursday

3 payments of \$99

(Due March, April & May)

***REGISTER AT ANY POINT THROUGHOUT THE SPRING AND RECEIVE A PRORATED PRICE!**

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

Elementary/Middle School

(3rd grade - 7th grade)

Sunday: 2-3pm

Monday: 5:30-6:30pm

Tuesdays: 6:30-7:30pm

Wednesday: 5:30-6:30pm

Thursday: 6:30-7:30pm

High School

(8th grade- 12th grade)

Sunday: 1-2pm

Monday: 6:30-7:30 pm

Tuesday: 5:30- 6:30pm

Wednesday: 6:30-7:30pm

Thursday: 5:30- 6:30pm

To register online visit us at www.teamspeedco.com

Or Call (303)-779-3640