



TAKEOFF Performance Systems: Athlete Development Program

Our mission is to provide access to Sports Performance training through *TAKEOFF ATHLETE DEVELOPMENT PROGRAM*. This program focused on building a culture of team camaraderie throughout the community of parents, athletes, and coaches.

CORE GOALS

- Goal based Progression
- All Sports speed and Agility Training with Leadership Principles
- Injury Prevention
- Checkpoint accomplishments

ADDITIONAL GOALS

- Entry Level Baseline testing
- Measureable results with assessment
- Spring Maintenance Training
- Summer and Sport Specific Speed and Agility Training

PROGRAM BENEFITS

❖ *Athlete, Parent and Coach Benefits*

Student-athletes benefit from a synchronized athlete development program, through the coordination of all groups working toward a target goal for the growth of your lacrosse program and its community.

❖ *TAKEOFF Bio-Prep*

Meal guidelines for fueling athletes before, during, and after training.

❖ *Mentoring Loop*

TAKEOFF Athletes come back and helps with program to build mentorship loop on a yearly basis.

❖ *TAKEOFF Tough | Mental Toughness Development*

TAKEOFF teaches mental-toughness by developing the student-athletes mindset to be driven toward Strong Leadership, Team Sportsmanship and building Confidence.



TAKEOFF Sports Performance Training Program

On-Field drills and circuits designed to physically prepare an athlete for launch. Warm-up each day covers fundamental athletic movements that are essential across all sports athletes will master all of these movements by completion of program.

- **PLYOMETRICS AND BODY MECHANICS:** Focused on plyometric movements as well as proper body position, mechanics, timing, and balance.
- **SPEED AND AGILITY:** Training for control on acceleration and deceleration of body; goal is to gain and maintain speed throughout sport specific agility movements.
- **STRENGTH AND CONDITIONING:** Training for a powerful edge on opponents through specific strength circuits; Focused on conditioning the body to perform at a high level throughout the duration of the game and decrease the fatigue curve.
- **EXPLOSIVE STARTS:** Focused on achieving a fast, explosive start on any movement performed in a game while running with powerful, controlled strides.
- **VERTICAL ELEVATION:** Training focused on powerful and explosive jumping from varied body positions to increase ability to elevate in an instant.
- **MAX VELOCITY MECHANICS:** Focused on achieving maximum speed in a short distance and maintaining that speed over a longer distance.
- **T.O.P-SPEED:** VERTIMAX and resistance band driven over-speed training is used to increase an athlete's top end speed.
- **TRANSITIONS:** Mastering the art of transition and control through different athletic movements at any time.
- **HAND-EYE COORDINATION:** Executing multi-directional while concentrating on catching an object in motion.
- **MEASUREABLE TESTING:** Extensive drills incorporating all aspects of training to translate into game time conditions and sport specific situations.
- **STRETCHING AND RECOVERY:** Stretching and recovery techniques are executed during and after sessions. Home recovery and flexibility programs are also available.



TAKEOFF Off-Season Speed Program for Walton Men's Varsity LAX

All sessions include a plyometric Warm-up with Differential Sprints and Resistance Training:

- **WEEK 1:** Body Mechanics, Lateral and Linear Acceleration
- **WEEK 2:** Angular Acceleration, Centripetal Movement
- **WEEK 3:** Speed and Agility
- **WEEK 4:** Strength and Conditioning
- **WEEK 5:** Explosive Starts/ Elevation
- **WEEK 6:** Max Velocity Mechanics/ Top Speed
- **WEEK 7:** Transitions with Hand Eye Coordination
- **WEEK 8:** County Fair with Stretching and Recovery
- **WEEK 9:** Competitive Challenges

TEAM PRICING:

\$225 for 16 Session Program

*TOP Performance Training Shirt Included

SCHEDULING:

Location: Fuller's Park

3499 Robinson Rd. Marietta, GA, 30068

(*inclement weather): TAKEOFF Indoor Training Field at D-BAT
1666 Roswell Rd, Marietta, GA, 30062

***NEXT PAGE FOR CALENDAR**



MAY

Monday	Wednesday
28th	30th

JUNE

Monday	Wednesday	Monday	Wednesday	Monday	Wednesday	Monday
4th	8th	11th	13th	18th	20th	25th

JULY

Monday	Wednesday	Monday	Wednesday	Monday	Wednesday	Monday	Tuesday
9th	11th	16th	18th	23rd	25th	30th	31st