



# SUMMER 10 WEEK SPORTS PERFORMANCE PROGRAM

June 4<sup>th</sup> - August 9<sup>th</sup>

## 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

## Class Schedule June 4<sup>th</sup> 2018- August 9<sup>th</sup> 2018

Age Group	Monday	Tuesday	Wednesday	Thursday	Friday
HS 9-12	8-9 am	4:30-5:30pm	8-9 am	4:30-5:30pm	8-9 am
MS 6-8	10-11 am	5:30-6:30pm	10-11 am	5:30-6:30pm	10-11 am
ES 3-5	9-10 am	6:30-7:30pm	9-10 am	6:30-7:30pm	9-10 am

## SUMMER 2018 PROGRAM INCLUDES:

- \***UNLIMITED** training 5 days/week Monday- Friday
- \*Age Group Specific Training
- \*Parents have **FREE** access to Cardio Equipment

## PRICING:

**\$249 FOR 10 WEEKS**

**\*SIBLING DISCOUNT: \$179 EACH ADDITIONAL CHILD**

**HURRY! SPACE WILL FILL QUICKLY!**

**\*LIMITED AVAILABILITY**

To Register Online visit us at [www.teamspeedco.com](http://www.teamspeedco.com)

Call (303) 779 3640 or email [info@teamspeedco.com](mailto:info@teamspeedco.com)

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