



# Sports Performance 12 Week Program

**November 2<sup>nd</sup>- February 9<sup>th</sup>**

**(excluding the weeks of December 24<sup>th</sup> and January 31<sup>st</sup>)**

“Champions are made during the off season”

## 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

(3<sup>rd</sup> grade - 7<sup>th</sup> grade)

Sundays: 2-3pm

Mondays: 5:30-6:30pm

Tuesdays 6:30-7:30pm

Wednesdays 5:30-6:30pm

Thursdays: 5:30-6:30pm

### High School

(8<sup>th</sup> grade- 12<sup>th</sup> grade)

Sundays: 1-2pm

Mondays: 6:30- 7:30 pm

Thursdays: 5:30- 6:30pm

\*Train up to 3x/week

\*Space Is Filling Quickly

**Just 3 Payments of \$99!**

Billed November 1<sup>st</sup>, December 1<sup>st</sup> and January 1<sup>st</sup>

To register online visit us at [www.teamspeedco.com](http://www.teamspeedco.com) or Call (303)-779-3640

Sterling's Team Speed

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