

Fall 2015

Sport Performance Program

Unlimited
In-Season
Training
Sessions
for
15 weeks!

STERLING'S



Becoming a better athlete takes a year round commitment to sport performance training.

Aug 10 – Nov 20 2015

(15 weeks of in-season training)

Speed and Agility

Conditioning

Core Strength

Injury Prevention

Flexibility

Post game and training recovery

Strength Training (13-15yrs)

Mental Training/ Coaching Support

Fridays and Sundays

(Min 10 - Max 15 participants)

Ages 9-12yrs

Friday 430-530pm

Sunday 1-2pm

Ages 13-15yrs

Friday 530-630pm

Sunday 2-3pm

Only \$275 if you register by July 15, 2015

Program Fills Quickly!

To Register

Call: 303-779-3640

Email: kira@teamspeedco.com

Online: www.teamspeedco.com

Sterling's Team Speed

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