



SPRING SPORTS PERFORMANCE PROGRAM

5 Week Pre-Season Sports Performance Program

February 11th - March 17th

5 Days Unlimited Training

Sunday - Thursday

\$129 - One-time fee
(Due at registration)

10 Week In-Season Sports Performance Program

March 18th - May 25th

5 Days Unlimited Training

Sunday - Thursday

3 payments of \$99
(Due March 1st, April 1st & May 1st)

***SAVE \$50 IF YOU REGISTER FOR ALL 15 WEEKS
(PRE-SEASON AND IN SEASON PROGRAM)**

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

REGISTRATION DEADLINE: JANUARY 15TH

SPACE IS LIMITED!

To register online visit us at www.teamspeedco.com

Or Call (303)-779-3640

Sterling's Team Speed www.teamspeedco.com (303)-779-3640