



TIGRESSTORMFC



Summer Training 2009 Speed & Agility - Jump & Agility

June 8 – August 15

Exclusive **Tigres-Storm Futbol Club** Special:

****Buy 8 Weeks @ \$225 and Receive 2 Weeks FREE****

Train up to 3 times each week!

Xtreme Speed is a sports performance program designed to dramatically improve the overall athletic ability in each participant. Speed is the number one skill necessary for contending in every sport. Working on this skill at each level is important because speed will ultimately determine the highest level an athlete can compete in. Xtreme Speed can improve every athlete's speed, agility, jumping ability and strength through our secret, cutting edge program design and proper sequence of drills. In our sports performance program, each athlete will train in a positive, highly structured environment that has over ten years of proven results among individual athletes as well as entire teams, from beginners to professional athletes. Because speed is a skill just like throwing, catching, kicking or hitting, the sooner an athlete can start learning the skill and mastering the proper movement patterns the sooner they will ensure their ability to move from youth sports to high school athletics and beyond.

Speed & Agility

Football, Baseball, Softball, Soccer, Track, etc...

This program focuses on the athlete's speed and agility as well as every aspect of physical performance, and will incorporate the essentials of speed training which are:

- *Dynamic Flexibility – Proper Running Mechanics*
- *Starting Technique - First Step Quickness*
- *Acceleration/Deceleration - Maximum Velocity*
- *Change of Direction - Multidirectional Movements*
- *Core Control - Muscular Balance*
- *Functional Strength*

Jump & Agility

Goal Keepers, Basketball, Volleyball, Tennis, etc...

This program focuses on an athlete's jumping ability, agility and overall physical performance and will incorporate the essentials of jump training which are:

- *Dynamic Flexibility - Reaction Speed*
- *Muscular Balance - Multidirectional Movements*
- *Vertical Power - Functional Strength*
- *Acceleration/Deceleration - Core Control*
- *First Step Quickness*

Session times are limited to 16 athletes per class.

Weight training available for athletes ages 12+.

If you need to improve your speed, agility, and jumping ability then register NOW for guaranteed results.

To secure your athlete's spot, send this registration form & payment to:

Xtreme Speed – 13302 Western Oak Dr. – San Antonio, TX 78023

Or Call 210-695-5842

