



TEAM SPEED

THE TRAINING STARTS HERE

# SPORTS PERFORMANCE

All-Levels Training **GRADES 2-7**

## YOUTH SPORTS PERFORMANCE CLASSES

ALL-LEVELS SPORTS PERFORMANCE TRAINING FOR ATHLETES IN GRADES 2-7

Prepare your child for athletic growth and skills development with Team Speed's youth sports performance classes, offered during every season - all year long! Designed exclusively for athletes ages 7-12, or in 2nd-7th grade, our program offers targeted training to meet their age-specific needs.

## WHY TEAM SPEED?

**Dynamic Training Environment:** Our sessions are designed to be fun and engaging, ensuring that every child enjoys their time while making significant athletic progress.

**Experienced Coaches:** Guided by seasoned professionals, your child will receive top-notch training tailored to their age group and skill level.

**Whole-Athlete Development:** We focus on developing both athletic skills and personal growth, ensuring that your child grows as an all-around athlete and individual.

## JOIN US!

**Want to get to know our coaches and our facility? Start by dropping in to a class!** After your first class, there are three main ways to continue your training: drop-ins, class-packs, and membership.



### COMPREHENSIVE ATHLETIC TRAINING

Develop your child's speed, reflexes, and endurance with age-specific dynamic drills. Enhance explosive power and build upper and lower body strength.



### INJURY PREVENTION & SAFETY

Focus on stability and correcting muscular imbalances to reduce the risk of injuries.



### CHARACTER & CONFIDENCE BUILDING

Our supportive and encouraging environment helps children build confidence and self-esteem. Emphasizing the development of a strong work ethic and teamwork.



### TRAINING KNOWLEDGE & VOCABULARY

Introducing young athletes to basic training theory and terminology, fostering an understanding of healthy living and training principles.



### COMARADERIE & FUN

Promote camaraderie and teamwork, ensuring that children make friends and enjoy their training sessions.



### SEASONAL PERFORMANCE TESTING

Once per month, we conduct testing to track progress and set new goals. Tests include vertical, broad, pro-agility, 10-yard sprint, shuttle, and more!

Get Started Now!

TEAMSPEEDCO.COM  
(303) 779-3640

