	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
10am	PSP Conditioning		Elite		PSP Conditioning		Elite		PSP Conditioning		
11am	Evaluation	FUN I	FUN II	FUN I	Evaluation	FUN I	FUN II	FUN I	FUN II	FUN I	
12pm	Power	FUN II	Power		Power	FUN II	Power		Power	Evaluation	
3pm	Elite		Elite		Elite		Elite		Elite		
4pm	PSP Football Skills		Evaluation		PSP Football Skills		Evaluation		PSP Football Skills		

Try it before you buy it!

Come in for one free demo class to see what Proehlific Sports Performance Speed & Agility (PSP) can do for you. Availability is limited, so call today to lock in your spot.

WARNING:

PSP will cause your friends to envy your speed & skills!

• ***PSP Conditioning--7-13*** : In these sessions each athlete will work on the fundamentals of motor development. Sessions include- Ladders, ladders, and more ladders, Med-ball madness, band blast, load-n-explode, & cardio ropes. These classes are designed to complement the Speed & Agility portion on P.S.P. and prepare athletes to enter the next level of training or lock down an area that they may be struggling with.

•***FUN I--age 7-11:*** Athletes at this level are typically in need of developing general motor skills. This is a critical time in your athletes' development. With guidance from our Performance Coach, your athlete will begin to develop the foundation of sports performance. This level focuses on motor development, weight training (body weight only), flexibility, endurance, and self confidence.

•***FUN II--age 12-14:*** Athletes at this level have control over their motor skills, but are still in need of fine tuning their technique. These athletes will learn how attention to detail will add the much needed edge to their technique.

•***Power--age 15-18:*** Athletes at this level have been exposed to a wide variety of training techniques and can handle intense workloads. As the intensity increases athletes in this level are taught to focus on the technical side and maintain focus.

•***Elite--18+:*** Athletes at this level are continuing to sharpen their skills as they prepare for the next level of play. Development of athletic performance never truly has an end, but continues on throughout the extent of the athlete's career.