

# TS PERFORMANCE TRAINING

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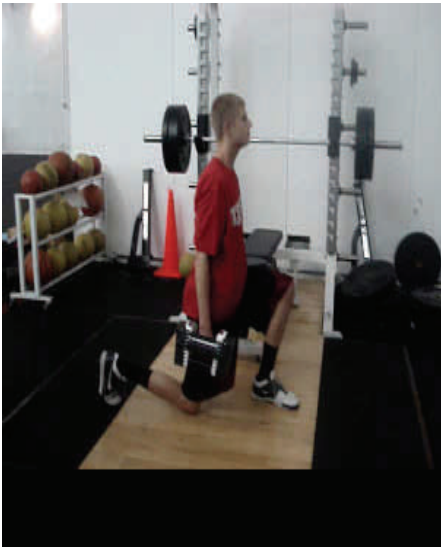
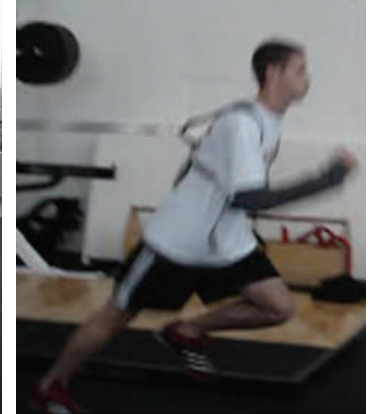
## 2011-12 Training Schedule

Session 2: 1/3/12 - 2/17/12  
 Session 3: 2/28/12 - 4/18/12  
 Session 4: 5/1/12 - 6/15/12

# Run Faster, Jump Higher, Perform Better!

### Tyngsboro Sports Center

Tuesday	Friday
4-5p (10-12 yrs old)	4-5p (10-12 yrs old)
5-6p (12-15 yrs old)	5-6p (12-15 yrs old)
6-7p (15-18 yrs old)	6-7p (15-18 yrs old)
7-8p (open)	7-8p (open)



- Athletes will be introduced to proper training techniques and optimum movement skills to reach their peak performance.
- Athletes will be taught proper warm-up, proper running form, proper strength training form, and proper cool down.
- Training is geared to make athletes stronger and faster all while being in better control of their bodies to help prevent injury.
- **PROVEN RESULTS!** Typical for our athletes to improve their 40yd dash time by .5s, vertical jump by 1.5in, and multi-directional speed time by .5s

Thanks to TSPT, Mikayla had the best track season of her life! So it's off to the Nationals for us! -Karen

After training with TSPT I completed an Olympic Triathlon and hit my goal time. I also took 4 minutes off my time in a Sprint Triathlon!! Thanks, M.

TSPT should be very proud of what they offer young kids. The coaches leave a lasting impression on the athletes that they will take with them as they grow in the years ahead—Thanks, S.

### Pricing Options

1 Day/week \$200 (7 classes)  
 2 Days/week \$300 (14 classes)\*

\*2 days/wk strongly recommended

### Discounts:

\$50 off per session for all 4 sessions / \$25 off per session for 2-3 sessions  
 10% off your registration for referring a friend; referrals also receive 10% off  
 Get 8-9 new players to join, you come for free and they save 20%

For questions please Contact Tom Labonville: [tlabonville@tsperformancetraining.com](mailto:tlabonville@tsperformancetraining.com)



