



*Providence Academy and Velocity Sports Performance are teaming up to offer a Winter Speed & Strength Program. This program will provide cutting edge performance training for all interested athletes at Providence Academy. This intensive training program will assist the athletes in the following areas:*

- *Improving first step quickness*
- *Developing and enhancing coordination and balance*
- *Improving stamina and building endurance*
- *Learning proper running technique*
- *Increasing explosiveness and overall strength*
- *Improving foot speed, separation speed, and cutting ability*

*The Velocity Sports Performance coaches will join Providence Academy's coaches to bring your athlete the most comprehensive training available at the middle and high school level. We invite you to join us on Wednesday, October 7th @ 6:00 in the small gym to learn more. We'll cover:*

- *Dispelling some of the myths surrounding what age is appropriate to strength train*
- *Benefits of participating in a Speed and Strength Program*
- *Demonstrate some of the drills your athlete will participate in*
- *Discuss the 16 week Program Outline*

*We hope you will join us for this informative meeting!*

*Be a better athlete,*

**Providence Academy**  
**Velocity Sports Performance - Champlin**