Sports Performance Training

Elementary School, Middle School, and High School Athletes

- SPEED DEVELOPMENT
- FIRST STEP & ACCELERATION
- STRENGTH TRAINING
- INJURY PREVENTION
- MULTI-DIRECTIONAL AGILITY
- FOOT SPEED & QUICKNESS

Low Coach-to-Athlete Ratio • Certified, Experienced Coaching Staff

Fall Schedule: September 3 - November 8, 2019

High School Elite Performace
In this class, athletes will receive total player development training. The foundation of athletic performance and injury prevention begins with the development of stability, mobility, and strength across all joints and throughout an athlete's movement patterns.

Each API athlete will follow an individualized weight lifting and plyometric program reflective of developmental age, gender, sport, medical history, and training experience.

Additionally, speed and agility are an integral part of athletic performance. Athletes will learn about proper warm-ups, the technical/mechanical skills needed to enhance proper motor pattern development, how to express force and velocity in those motor patterns in all directions, and proper recovery methods.

Classes will include focused and functional conditioning geared towards preparing the athlete for the rigors of their sport as well as “true agility” training in learning how to create whole body movement with change of velocity and/or direction in response to a stimulus. Beginners are welcome; all will be challenged!

Pricing Options
- 1 Session ($50)
- 6 Sessions ($240) - 12 Sessions ($420)
- 18 Sessions ($540) - 24 Sessions ($660)

Middle School Athletic Development
Our Middle School Athletic Development program offers a safe, creative, and fun environment allowing young athletes to develop coordination, balance, rhythm, awareness, and basic movement skills.

We help to build a great foundation of movement skills and strength that will benefit them as they grow and develop into mature athletes. Each 60-minute session will be centered on having fun, using creative games, exploring movement, and developing basic skills such as: Locomotion, Jumping/Landing Techniques, Core Stability, and Lower/Upper Body Awareness.

Pricing Options
- 1 Session ($45)
- 6 Sessions ($210) - 12 Sessions ($360)
- 18 Sessions ($450) - 24 Sessions ($540)

Jr. API FUNdamentals (Ages 8-10)
The Jr. API FUNdamentals training session emphasizes the natural skill development process of the young developing athlete. We will help to improve the athlete’s basics of movement in a fun, play-like environment. This means working on: Balance and Stability/Coordination, Dynamic Movement Control, Object Control, and moving in every imaginable direction/plane.

We will work to develop the young athlete in a fun, social, and open environment. We are NOT trying to specialize for a sport, we are trying to develop young kids physically, mentally, and emotionally. According to pediatric orthopedic specialists, young kids who specialize in a single sport account for 50% of the overuse injuries.

Pricing Options
- 1 Session ($30)
- 6 Sessions ($150) - 12 Sessions ($240)
- 18 Sessions ($315) - 24 Sessions ($360)

For more information, contact Sean Doyle, Sports Performance Director, at 410.923.2100 or sean@athleticperformanceinc.com.

Maryland's Premier Athletic Campus
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