



# Sports Performance Training

**Elementary School, Middle School, and High School Athletes**

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

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

**Summer 2019 Schedule: June 17 - August 17, 2019**

## High School Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-11:00am Elite Performance	9:30-11:00am Elite Performance	9:30-11:00am Elite Performance	9:30-11:00am Elite Performance	9:30-11:00am Elite Performance
4:00-5:30pm Elite Performance	4:00-5:30pm Elite Performance	4:00-5:30pm Elite Performance	4:00-5:30pm Elite Performance	
5:30-7:00pm Elite Performance	5:30-7:00pm Elite Performance	5:30-7:00pm Elite Performance	5:30-7:00pm Elite Performance	

## Middle School Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-11:00am Athletic Development	10:00-11:00am Athletic Development	10:00-11:00am Athletic Development	10:00-11:00am Athletic Development	10:00-11:00am Athletic Development
5:00-6:00pm Athletic Development	5:00-6:00pm Athletic Development	5:00-6:00pm Athletic Development	5:00-6:00pm Athletic Development	
6:00-7:00pm Athletic Development	6:00-7:00pm Athletic Development	6:00-7:00pm Athletic Development	6:00-7:00pm Athletic Development	

## Jr. API Sessions (Ages 8-10)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am-12:00pm Jr. Fundamentals	11:00am-12:00pm Jr. Fundamentals	11:00am-12:00pm Jr. Fundamentals	11:00am-12:00pm Jr. Fundamentals	
6:00-7:00pm Jr. Fundamentals	6:00-7:00pm Jr. Fundamentals	6:00-7:00pm Jr. Fundamentals	6:00-7:00pm Jr. Fundamentals	

For more information, contact Sean Doyle, Sports Performance Director, at 410.923.2100 or [sean@athleticperformanceinc.com](mailto:sean@athleticperformanceinc.com).

Maryland's Premier Athletic Campus

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