



VELOCITY SPORTS PERFORMANCE

Speed. Power. Agility.

317.848.JUMP

Coach: Team up with Velocity for one or two practices a week, and we will improve the speed, power and quickness of the whole team!

Maximize your Team's performance for the 2007-2008 season.

You teach your players the game, and we will teach them to be better athletes! Velocity training complements the strategy and skills taught by sport coaches in a results-based, proven, affordable program.

Our training is specifically designed to help your players:

- Reduce the risk of injury
- Increase reaction time and first-step quickness
- Maximize linear speed
- Change direction without slowing down
- Build core stability for balance and power
- Gain explosiveness in their movements
- Boost endurance and stamina
- Build team morale

As an added bonus to you, Coach Sign up a team and your son or daughter trains for FREE!



**Real Results for as little as \$15!**

Train at Velocity in our climate controlled, state-of-the-art training facility.

Team training at Velocity promotes peak in-season performance. Price is \$15 per athlete/per hour with a minimum of 12 players. Fewer than 15 players (no less than 12) pay \$16 per athlete/hour.

Can't get to Velocity? Velocity will come to you.

Within Hamilton County and surrounding areas, Velocity will also train your players at your location. Price is \$15 per player per hour with a minimum of 15 players.

Teams that have trained with Velocity:

- OMP Divers (Olympic Medal Program)
- Indianapolis Racers (92)
- Lids Indiana Bulls (8<sup>th</sup> grade)
- Carmel United Soccer Club – U17 & U16 Girls
- US Athletics
- Pony Express
- Hamilton Heights High School
- Lawrence North Boys Soccer

When will we add your team to the list??

**CALL TODAY! 317.848.JUMP**

#### Hours

**Monday – Friday**

9:00AM – 9:00PM

**Saturday**

9:00AM – 2:00PM

Velocity Sports Performance

1402 Chase Court

Carmel, IN 46032

317.848.JUMP

[www.Velocitysp.com/carmel](http://www.Velocitysp.com/carmel)



Clarian Human Motion