



SUMMER PROGRAM PRICING

VARSITY ACCESS	ELITE* ALL-ACCESS	SPARQ	WEEK TRAINING PASS
5-wk sports performance training	10-wk sports performance training	20 speed & agility sessions	1-wk sports performance
\$447	\$747	\$247	\$97
<ul style="list-style-type: none"> • 20 Sessions (120-min) • 2 Customized Programs • Official SPARQ Rating • Functional Movement Screen • Nutrition Manual • Training T-Shirt • Nutrition Presentation • Mental Training Presentation 	<ul style="list-style-type: none"> • 40 Sessions (120-min) • 4 Customized Program • Official SPARQ Rating • Functional Movement Screen • Nutrition Manual • Training T-Shirt • Nutrition Presentation • Mental Training Presentation 	<ul style="list-style-type: none"> • 20 Sessions (60-min) • Official SPARQ Rating • Speed Training Manual • FMS Group Screen • Nutrition Manual • Training T-Shirt • Nutrition Presentation • Mental Training Presentation 	<ul style="list-style-type: none"> • 4 Sessions (120-min) • Official SPARQ Rating • Speed Training Manual • FMS Group Screen • Nutrition Manual • Training T-Shirt • Nutrition Presentation • Mental Training Presentation
BONUSES	BONUSES		
<ul style="list-style-type: none"> • 6-months Free SPARQ Training • 1-on-1 Mental Training Session 	<ul style="list-style-type: none"> • 1-year Free SPARQ Training • 1-on-1 Mental Training Session • 1-on-1 Nutrition Consultation • Testing DVD For Recruiting • Training Binder & DVD's 		

SPORTS PERFORMANCE SESSIONS (120-MINUTES)

A systemized and progressive method of training to increase your strength, speed, stamina and power while addressing proper & efficient movement for your sport. Each session integrates 60-minutes of speed development (SPARQ) with 60-minutes of power development, strength training and conditioning.

SPARQ (60-MINUTES)

SPARQ sessions are dynamic and progressive designed to make you a better athlete on game day. Each session integrates a dynamic warm-up, rapid response drills and plyometrics with speed mechanics, technique instruction and either a focus on linear or lateral speed development.