

Fitness

S*P*E*E*D

The **Strength, Power, Endurance, Energy, Development** program is designed to create a more dynamic and efficient type of athlete through the use of cutting edge training methods and principles. S.P.E.E.D. will develop skills and abilities essential to the individuals sport.

- S** – Strength
- P** – Power
- E** – Endurance
- E** – Energy
- D** – Development

These 5 principles of training will offer you the core principles to develop your mind and body to get faster, stronger and build more self-confidence.

This energetic and multi-faceted approach is more effective in developing the necessary speed, strength, and agility needed for maintaining optimal physical performance throughout a long and demanding season.

The **S.P.E.E.D.** program focuses on developing the individuals capacity to execute functional movements relative to sport performance. This will result in a more dynamic, resilient and powerful athlete.

This sport training paradigm for performance proven results will focus on:

Mental Training

Sport specific techniques and skills

Strength, speed, flexibility, endurance, nutrition, injury prevention and self-confidence

Functional Fitness

The program will focus on enhancing the individual's capacity to execute functional movements, relative to sport performance. This will result in a more efficient, productive and complete athlete.

Registration and Program Requirements:

Athletic Readiness Questionnaire

Skills Assessment

Minimum registered Participants needed: 3

For further information about SPEED contact Master Trainer **Ken Guild** at kguild@sawmillclub.com 914-241-0797 x 3103 or Professional Trainer **Tom Albano** at talbano@sawmillclub.com 914-241-0797 x 315

No shows or cancellations less than 24 hours before scheduled personal training sessions will be charged to the client.

Be courteous to the next client. If you are tardy, your appointment will be shortened.

PLEASE NOTE: FOR INSURANCE REASONS, TRAINERS NOT EMPLOYED BY SAW MILL CLUB ARE NOT PERMITTED.

Registration Form

S*P*E*E*D

Name _____

Parent's Name _____ Member # _____

Address _____

City/State/Zip _____

Phone # _____ Cell Phone # _____

E-Mail Address _____

Parent's Signature _____

