



#TrainTrue



SPEED TRAINING



FALL 2016—Partnered With :



What is the TrueAP Difference?

It is our job to produce great athletes. While we don't work on the sport specific skills that are required to be a great player—that's the coach's job and they're experts at it—we create better athletes that have the power, speed, agility, and quickness to make those skills much, much more valuable.

Fall Programming Details – Sept. 12th – Oct. 20th

- **Sessions Monday through Thursday**
- **Times:**
 - Ages 8-10: 5:00-6:00pm
 - Ages 11-13: 6:00-7:30pm
 - Ages 14-18: 7:30-9:00pm (Tues/Thur Only)
- **Training Location:** The nZone – 14550 Lee Road – Chantilly, VA
- **Train All Fall for 20% Off Normal Pricing!**
**Enter Promo Code: [mlbl](#)*
- **Registration:** www.trueap.com/chantilly

In our program, athletes will:

- **Unlock their athletic power by starting to train explosively.**
- **Discover how train properly maximizing performance and prevent injury.**
- **Maximize technique to gain speed, agility & quickness.**
- **Employ specific drills that will help improve foot speed and change of direction.**



REGISTER NOW:

TrueAP.com/CHANTILLY

Questions?

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