



#TrainTrue



SPEED TRAINING



Spring 2017

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.



Spring Programming Details –Mar 6 – Apr 5, 2017

- **Sessions Mondays and Wednesdays** (can do 1-day/week)
- **Times:**
 - Ages 9-13: 5:30-6:30pm (Activity Code: 321605)
 - Ages 14-18: 6:30-7:30pm (Activity Code: 321606)
- **Training Location:** Simpson M.S. 490 Evergreen Mill Road, SE, Leesburg, VA
- **Registration:** www.trueap.com/leesburg
- **Pricing:**
 - 10 Session Package: ONLY \$160**
 - 5 Session Package: \$100**

Got a TEAM? Ask about our **Discounted TEAM Training**

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.**

SPRING SESSION 2 WILL BE: APRIL 24 – MAY 24, 2017.



REGISTER NOW:

TrueAP.com/Leesburg

Questions?

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