

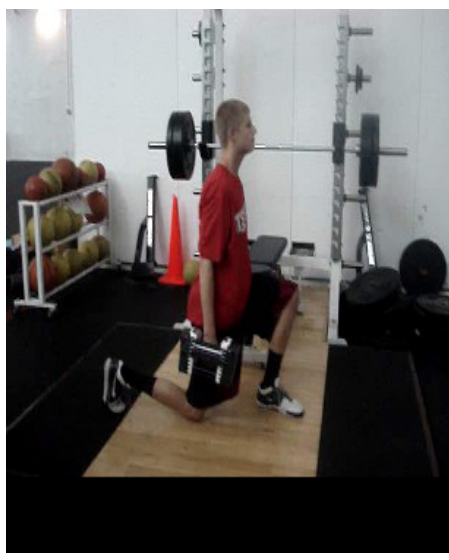
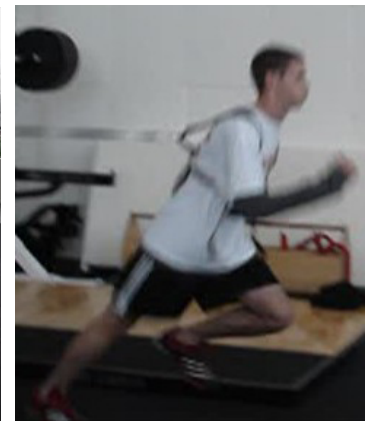
# TS PERFORMANCE TRAINING

WWW.TSPERFORMANCETRAINING.COM

**2011-12 Training Schedule**  
 Session 1: 11/7/11 - 12/22/11  
 Session 2: 1/9/12 - 2/23/12  
 Session 3: 3/5/12 - 4/19/12  
 Session 4: 4/30/12 6/14/12

## Run Faster, Jump Higher, Perform Better!

Hampshire Dome	
Monday	Thursday
4-5p (10-12 yrs old)	4-5p (10-12 yrs old)
5-6p (12-15 yrs old)	5-6p (12-15 yrs old)
6-7p (15-18 yrs old)	6-7p (15-18 yrs old)
7-8p (open)	7-8p (open)



Athletes will be introduced to proper training techniques and optimum movement skills to reach their peak performance.

Athletes will be taught proper warm up, proper running form, proper strength training form, and proper cool down.

Training is geared to make athletes stronger and faster all while being in better control of their bodies to help prevent injury.

PROVEN RESULTS! Typical for our athletes to improve their 40yd dash time by .5s, vertical jump by 1.5in, and multidirectional speed time by .5s

Thanks to TSPT, Mikayla had the best track season of her life! So it's off to the Nationals for us! -Karen

After training with TSPT I completed an Olympic Triathlon and hit my goal time. I also took 4 minutes off my time in a Sprint Triathlon!! Thanks, M.

TSPT should be very proud of what they offer young kids. The coaches leave a lasting impression on the athletes that they will take with them as they grow in the years ahead - Thanks, S.

### Pricing Options

1 Day/week \$200 (7 classes)  
 2 Days/week \$300 (14 classes)\*  
 \*2 days/wk strongly recommended

Discounts:  
 \$50 off per session for all 4 sessions / \$25 off per session for 2 -3 sessions  
 10% off your registration for referring a friend; referrals also receive 10% off  
 Get 8-9 new players to join, you come for free and they save 20%

For questions please Contact Tom Labonville: tlabonville@tsperformancetraining.com