



"Kris is a tremendous asset to my off season program, preparing me physically and mentally for spring training and the season.

I recommend training at SPi to any athlete looking to take their game to the next level."

Jim Thome, MLB player

ATHLETE TRAINING

Each training element offers unique benefits within the spectrum of the athlete development.

- **Athlete Profile**
- **Individual protocol**
- **Performance Training**
- **REGEN Training**
- **Review of Collegiate plan**
- **Nutrition Education**
- **Annual Plan, Action List**

UNLEASH YOUR POTENTIAL.

ONLY PLACE TO GET **GameSpede.**

ESSENCE OF AN ATHLETE Re-define what to strive for in training and competition. The combination of attitude, speed, vision, resulting in exponential progress. In one word provide greater clarity, purpose, and progress to your training.

Attitude

The mind is the most powerful part of the athlete.

Speed

Optimum rate of motion: strength, power, mechanics and more. Speed is the rate of progress.

Vision

Sharpness in competition and clarity in training.

www.GameSpede.com

SUMMER 2010 COLLEGIATE PROGRAM

Available May 17th—August 20th

- Train-coach athletes to develop their GameSpede.
- Unify awareness, mechanics of athleticism, movement based **STRENGTH**, and **REGEN** methods for accelerated results.
- Coordinate with collegiate strength program to ensure synergy of annual training.
- Provide feedback to coaching staff about individual athlete development.



EXPERIENCE EXPONENTIAL PROGRESS

- **Increased strength & power**
- **Enhanced athleticism**
- **Explosive acceleration**
- **Active recovery methods**
- **Performance. Ready to compete.**

REGISTRATION

Contact SPi to reserve your spot, limited number of athletes will be accepted.

Summer Unlimited: \$525.00

Weekly Rate: \$75.00

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