



"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

FOUNDATION Training

Athlete Training: 9-11 yrs. old*

- 60 min of high energy training
- Movement based training combined with functional strength development
- Education based environment instills focus, coachability, respect, TEAMwork
- Provide feedback and guidelines to parents about individual athlete development.

IT ALL BEGINS HERE.

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

- **Awareness of physical presence**
- **Athlete-centered coaching**
- **Age related Performance Training**
- **Posture, Balance, Coordination**
- **Functional strength training**
- **Training approach vs. outcome**
- **Nutrition Education**
- **Building an annual plan**

CREATE A VISION OF THE FUTURE



EXPERIENCE FOCUS. ENERGY. SUCCESS.

- **Increased functional strength**
- **Enhanced coordination, balance**
- **Improved confidence, self-esteem**
- **Excited attitude toward nutrition**
- **Ready to be an athlete.**

ONLY PLACE TO GET **GameSpede.**

In one word provide greater clarity, purpose, and progress to your athlete development.

Re-define what to strive for in training and competition.

In a world of over-participated youth athletes, create a foundation for future success.

Stay grounded on what it means to be an athlete.

Attitude

The mind is the most powerful part of the athlete.

Speed

Speed of motion, speed of play, rate of progress.

Vision

Sharpness in competition and clarity in training.

ESSENCE OF AN ATHLETE

REGISTRATION

Contact SPi to register or www.Trainatspi.com

8wks: \$79.00 (1x-wk)
\$129.00 (2x-wk)

Single Day: \$15.00

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