



"My staff and I are always looking for an edge - we found that edge in training with SPI. We have seen significant increases in our core strength and speed and look forward to seeing continual benefits and increases in on-field production."

Julie Jone
Head Softball Coach
Univ. of Akron

Enhanced attitude.

Grounded by the GameSpede mantra, your athletes will experience a heightened alertness toward practice and training. Our framework defines the need to train with greater purpose and intent.

Athleticism.

Team routines and movement based strength improves acceleration, power, balance, and change of direction.

Team chemistry.

Establishing an environment where athletes feed athletes, each member of the team will contribute positive energy to the team.



SPI ADVANTAGE

TEAM DEVELOPMENT

Your TEAM, fueled by GameSpede.

Multiply the GameSpede we give one athlete by the total number of athletes on your roster. Imagine the unleashed potential. Imagine the possibilities of an entire unit developing together through intense, focused performance training, growing in a confident approach and desire, while willing to work to get better.

Every team at SPI is profiled to identify the performance needs of the team, understand the coaches' perspective, and recognize the individuals that make up the team.

Fueled by the GameSpede approach, each athlete will have the tools to become individually more productive.

GameSpede.

ESSENCE OF AN ATHLETE

Your team has an established identity, foundation, and culture. As you develop and prepare for competition, fuel their performance with **GameSpede**. In one word provide greater focus, intensity, and clarity to your athlete's training.

GameSpede is an attitude and an architecture which seeks to integrate all of the elements of the human equation. GameSpede challenges individuals to internalize and embrace what it means to be an athlete.

Attitude

The mind is the most powerful part of the athlete. Attitude establishes the approach to training and competition.

Speed

Optimum rate of motion. Physically defined by a formula of strength, power, mechanics and more. Developmentally, speed is the rate of progress, dictated by focus, effort, and passion.

Vision

Create the power of anticipation, providing sharpness in competition and clarity in training.

Visit www.GameSpede.com

TEAM TRAINING SERVICES

- **SPi TEAM Day**
- **Onsite Clinics**
- **Weekly SPi Training**
- **GameSpede Consulting**
 - **TEAM**
 - **Coaches**
- **REGEN Training**

CREATE YOUR PLAN.

TEAM Development is a process and is dictated by the environment in which the athlete trains.

Consult with SPI to create your training plan and formula of training services.

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