

SUMMER 2018

# Sports DoctoR Athletics

Indoor Outdoor Sports Facility

## Speed Power Agility Program- June 4



### Developing Stronger Faster- Prepared Athletes

SDR Sports Performance Speed Program is designed and managed by Certified CSCS and NCAA Coaches. Program is aimed at the development of specific mechanics in speed, power, and agility. Athletes will improve their first step quickness, acceleration and deceleration, top speed, linear and lateral speed, change of direction, mobility, and maximum velocity.

Program location is at Sports DoctoR Athletics- Indoor and Outdoor Sports Facility. 175 Terminal Road Clarksville TN

**“Motivated-Goal Driven Athletes”**

1

#### ELITE PROGRAM

3 Workouts per Week

4 Weeks \$175

MS-HS only

2

#### PREMIERE PROGRAM

2 Workouts per Week

4 Weeks \$135

MS- HS only

3

#### STARTER PROGRAM

1 Workout per Week

4 Weeks \$80

Grades 6-8th only



**Chris Laskowski**  
Head of APSU  
Sports Performance  
Department/ CSCS



**NCAA Coaches**  
Train with current  
NCAA Coaches



#### Elite Athletes

Program is for athletes who have goals to become the best in their sport

Enroll online [www.SportsDoctoRAthletics.com](http://www.SportsDoctoRAthletics.com)

Call for more information 931-896-2000.