



Sports Performance Training

Elementary School, Middle School, and High School Athletes

- SPEED DEVELOPMENT
- STRENGTH TRAINING
- MULTI-DIRECTIONAL AGILITY
- FIRST STEP & ACCELERATION
- INJURY PREVENTION
- FOOT SPEED & QUICKNESS

Low Coach-to-Athlete Ratio • Certified, Experienced Coaching Staff



Winter 2019 Schedule January 2nd - March 29th



High School Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-6:00pm Strength Training	4:30-6:00pm Speed/Agility	4:30-6:00pm Strength Training	4:30-6:00pm Speed/Agility	4:30-6:00pm Strength Training

Middle School Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 6:00pm Athletic Dev.	5:00 - 6:00pm Athletic Dev.	5:00 - 6:00pm Athletic Dev.	5:00 - 6:00pm Athletic Dev.	5:00 - 6:00pm Athletic Dev.
	6:00 - 7:00pm Athletic Dev.		6:00 - 7:00pm Athletic Dev.	

Jr. API Sessions (Ages 8-10)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00pm FUNdamentals	6:00-7:00pm FUNdamentals		6:00-7:00pm FUNdamentals	

For more information, contact Sean Doyle, Sports Performance Director, at 410.923.2100 or sean@athleticperformanceinc.com.

Maryland's Premier Athletic Campus

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