

# **EXTREME** **SPEED SCHOOL**

## ***SPEED ASSESSMENT***

How do you become quicker? Faster? Stronger? How do you become more explosive? What speed drills and performance techniques will you need to focus on to achieve your goals? Before we can customize a program for you we must evaluate you on the following key elements:

- ◆ *Level of Strength and Conditioning*
- ◆ *Level of Athletic Ability*
- ◆ *Overall Fitness*

Once the assessment is completed we will set up a meeting with you to review your individual goals and expectations. We will then develop a program that is sports specific and focused on maximum improvement.

All of your progress will be documented and monitored throughout your training with our team.



*For more Information:  
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