

# DEDICATED TO SUCCESS IN ATHLETICS

## ATHLETIC CONDITIONING:

We offer the highest level of training given by experienced and well-educated coaches who are committed to your or your child's success. **Our mission is to help athletes improve performance and reach their goals.**

Our programs are created to **increase** strength & speed, and **reduce** risk of injury.

## MENTAL PERFORMANCE COACHING:

Helps athletes understand how their **mind influences performance** and how to apply mental strategies to help perform their best in competition.

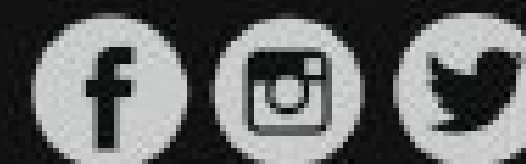
Learning these skills will also help athletes feel confident in other areas of their life. Building a **well-rounded athlete** outside of the practice and competition field is a large focus of the program.

## WHAT WE OFFER

- ✓ Age-based training classes
- ✓ Adult training groups
- ✓ Team workout programs
- ✓ One-on-One Mental Coaching
- ✓ Mental Performance Video Series
- ✓ Sport Specific Camps & Clinics



SHARPENSKILLSTRAINING.COM



(330) 275-3540