Velocity
Sports Performance℠

Team Training

What we do:

- We help teams from all sports become faster, stronger, and more explosive.
- We teach proper running mechanics that focus on the start, acceleration, and maximum velocity components of speed development.
- Our programs also focus on core-strength development, lateral and linear agility, dynamic flexibility, and balance.
- Our training is supported by a scientifically proven strength program that helps teams develop the explosiveness required to excel in their sport.
- Our training provides “pre-habilitation” or injury prevention; a strong, well conditioned team is less prone to injuries.

How we do it:

- Our training programs have been scientifically developed and proven over the past twenty years by world-renowned speed coach, Loren Seagrave, and our network of world class Sports Performance Directors.
- Our coaching staff has been educated directly from Coach Seagrave and have all worked with professional and/or Division I collegiate athletes.
- Our coaches have degrees in Exercise Science or a related field, and are certified through the National Strength and Conditioning Association, in addition to many holding certifications as a United States Weightlifting Club Coach.
- Our training provides “pre-habilitation” or injury prevention; a strong, well conditioned team is less prone to injuries.

60 minute training sessions

$12.50 per athlete per session

Minimum of 8 athletes per session

*Under 8 athletes call for pricing

90 minute training sessions

$17 per athlete per session

Minimum of 8 athletes per session

*Under 8 athletes call for pricing

Must be paid in full prior to the first session.

For more information contact Brad Ogle at (763) 390-6625 or brad.ogle@velocitysp.com.

For franchising information, visit: www.ownavelocity.com

COMBINE 360 IMG