

- Increase Speed
- Explosive Power
- Shot Velocity
- Agility & Quickness
- Recovery & Regeneration
- Muscular Endurance
- Multidirectional Speed
- Functional Conditioning
- Sports Nutrition
- Flexibility
- Coordination
- Self-Confidence



## SOCCERFIT WINTER TRAINING

**ATTENTION! ATTENTION!** LOOKING FOR A WAY TO STAY “FIT” DURING THE OFF-SEASON??? TRY **SOCCER F.I.T. WINTER TRAINING**. E.S.P. WILL BE RUNNING **SOCCERFIT GAMESPEED** SESSIONS AT OUR INDOOR TRAINING FACILITY -- THE FOCUS OF THESE SESSIONS IS INTEGRATED SPEED, AGILITY, AND FITNESS WITH THE BALL SO PLAYERS CAN STAY FAST & FIT FOR THE SPRING. EACH ATHLETE WILL RECEIVE TOP LEVEL SPEED & PERFORMANCE TRAINING INTEGRATED WITH TECHNICAL SKILL TO PRODUCE WORLD CLASS RESULTS.

**DAYS : NOVEMBER 14<sup>TH</sup> – JANUARY 15<sup>TH</sup>**

**TIMES : MON-THURS (5:00 & 6:00) & SUN (1:00)**

**LOCATION : GEAUX PLAY – 301 SOUTHGATE DRIVE PELHAM, AL 35124**

**COST : \$375 – 18 SESSIONS AND \$275 – 12 SESSIONS**

**\*\*\*PROGRAM IS LIMITED TO 25 PLAYERS\*\*\***

**CONTACT US TO REGISTER FOR A SESSION TODAY!  
TRISTAN TILLETTE : [TRISTAN@ATHLETEFIT.COM](mailto:TRISTAN@ATHLETEFIT.COM)**

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c/o Elite Sports  
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Pelham, AL 35124