

WFL
Sports Performance Academy
Training Program Phases

Introduction to Athletic Movement Ages 6 - 7

Sports Performance Training Phase I Ages 8 - 10

Sports Performance Training Phase II Ages 11 - 14

Sports Performance Training Phase III Ages 15 & Up



Getting Started

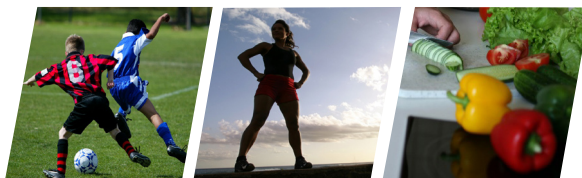
STEP 1: Contact us at 301-498-6200 and schedule your Athlete Fitness Evaluation.

STEP 2: Select appropriate training style (Individual, Small Group or Team Training).

STEP3: Select appropriate Phase (age group).

STEP 4: Select training days and times.

Begin training to be your best!



WHY Train?

WFL Sports Performance Academy

is the authority in transforming today's athletes into tomorrow's elite athletes. Whether you are preparing for your best sports season or conditioning to maintain a healthy lifestyle - WFL Sports Performance Academy dictates high athletic standards, prescribes focused training to produce maximum results and demands 100% of themselves as Conditioning Coaches so you experience your 100% best as an athlete.

WFL Sports Performance Academy programs are designed to enhance strength, prevent injury, develop core strength and stability as well as train you to run faster, jump higher, and move with greater agility. Achieve your performance goals and become a stronger athlete with the best in performance training. Call us today.

WFL
Sports Performance Academy
Training Program Benefits

Mobility and Flexibility

maintain and restore proper joint range of motion

Speed and Agility

maximize linear and multi-directional movement, increase footspeed and quickness

Strength

improve strength, maximum effort, dynamic effort

Conditioning

increase work capacity

Nutrition

maximize recovery and body composition

About Our Conditioning Coaches



Our Conditioning Coaches are experienced in working with Professional, Collegiate and Olympic Athletes. We specialize in making workouts and training fun, productive and goal oriented.

Education: All WFL Conditioning Coaches are Nationally Certified through the NSPA (National Strength Professionals Association).

Continuing Education: All WFL Conditioning Coaches must attend fitness and personal training seminars and classes to maintain their national certifications.

Experience: All WFL Conditioning Coaches combined have fitness experience in Sports Performance, Speed, Agility, Explosive Power, Individual Training, Group Training and Post Rehabilitation exercise.

CPR: All staff are CPR certified.

Call today
to schedule your
Athlete Fitness Evaluation.

301-498-6200

WFL Sports Performance Academy

is located inside
Wellness For Life Fitness Center
13800 Old Gunpowder Road
Laurel, MD 20707

www.wflsportsperformance.com