

**Velocity Sports Performance**



*is a proud sponsor of the Golden Hill Little League!*

As a GHLL member, you are entitled to a complimentary training session.

**What we do and how we do it:**

We help athletes from ages 8 years old and up, and from all sports, improve their **speed, power, agility, and balance**. Our training programs have been scientifically developed and proven over the past twenty years by Loren Seagrave, a world-renowned speed coach. We teach proper running mechanics that focus on the start, acceleration, and maximum velocity components of speed development. The training is supported by our strength development program that helps athletes develop the explosiveness required to excel in their sport. Our programs also focus on core-strength development, lateral and linear agility, dynamic flexibility, and single/double leg balance. A residual effect of this type of training is “pre-hab” or injury prevention; a strong, well conditioned athlete is less prone to injury.

**Our 20,000 sq. ft. Indoor facility features:**

- Wide turf area
- 4-lane sprint track with electronic speed sensors
- Olympic weight lifting area
- Half court basketball court surface
- NIKE SPARQ balance, agility, and plyometric equipment
- Parents viewing area with comfortable seating, television, and wireless Internet access
- Conveniently located near Angel Stadium in Anaheim



**How it works:**

- Small group coaching - 8:1 maximum athlete to coach ratio
- Pre and progression performance tests to monitor athlete's progress
- Athletes sign up for sessions on days and times that fit their schedule
- Open SEVEN days a week



***Please call to schedule a FREE training session***

***714.516.1616***

***www.velocitysp.com/anaheim***

***EMAIL: jason.arnold@velocitysp.com***