



Performance Sports Training “Summer Series”

Developing the Champion in You!

The **PerformancePT Sports Training “Summer Series”** at the Cool Spring Rec Center is a weekly sports training program designed to improve overall athleticism and get athletes ready to play their sports:

- Personal guidance from a US Olympian (Track & Field)
- Focus on increasing speed & quickness
- Improving agility & flexibility
- Improving overall fitness & conditioning
- Developing a winning mindset
- Special clinics on nutrition, injury prevention and recovery
- A Performance Training T-Shirt

Sports Training provided by Team PerformancePT:

Jamie Hammer, CSCS
Performance Program Director

Brian Hyde
US Olympian
Owner

Performance Training Program will benefit athletes participating in:
Football, Baseball, Softball, Basketball, Soccer, Lacrosse, Volleyball,
Cross Country & Track

Register On-line
www.performanceptst.com
www.coolspring.org
For more information call
804-723-5940

Starts Wed, July 7th
Every Wed, 3:30-5pm for 6 wks
Boys & Girls AGES 10+
Cost: \$100
(There is an additional 7th wk make-up
date for 1 missed session)

The Official Physical
Therapy Provider for the

