



Performance Institute Speed Camp

Speed Camp is a program designed to improve speed, agility, quickness and sprint technique. Training is specific to the energy systems used in field and court sports including: soccer, lacrosse, field hockey, rugby, football, basketball, baseball.

The program will contain a progression of specific movement patterns and exercises for all athletes in order to improve upon their individual sport speed.

Features and Benefits:

- Sprinting-specific training for the development of increased velocity, acceleration and control
- Individual attention to technical development and program progressions
- Program will utilize our hydraulically controlled, high-speed super treadmill
- Additional speed tools include: sprint ladder, agility hurdles, sprint sled, medicine balls and power bands
- Comfortable Indoor Environment
- Program Design, Training and Coaching Provided by a Kinesiologist
- Maximum Athlete to Trainer Ratio of 10:1
- Additional Warm-up and Cool Down Stretching Routines

Program Schedule and Details:

- 1 hour Sessions Tuesdays and Thursdays Evenings at 5 and 7 pm
- Performance Institute Strength Coach: Jeff Cathrea, B.Sc., in Kinesiology and is also the current co-head coach of the Simon Fraser University Men's Field Lacrosse Program and the Burnaby Mountain Selects Lacrosse Program

Cost and Pricing Packages:

Single Session: \$15

Monthly Package (8 sessions) - \$100

All monthly packages include FREE Warm-up and Cool-down stretching programs.

Prices do not include GST. All sessions must be booked and confirmed with our front desk staff prior to participation. Full Details are available with our Front Desk staff or on our website at

www.performanceforsport.com



Performance Institute

Athletic Development Programs

Speed Camp

1 Hour Sessions Every Tuesday and Thursday

5 pm and 7 pm

Performance Institute is located inside Burnaby 8 Rinks at 6501 Sprott Street, Burnaby, BC.

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Single Sessions are \$15 and Monthly Packages (8 sessions) for only \$100

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