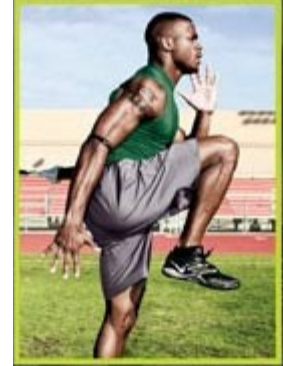


SPEED STRENGTH AGILITY



EDGE Facility



Year Round Sports Performance Training:

- Speed
 - Strength
 - Conditioning
 - Flexibility
 - Vertical jump
 - Explosiveness
- 1-on-1 Coaching
 - Small Groups (8-12 athletes)
 - Team Mates (2+ athletes)
 - Team Training

Open to all athletes, all sports!

Improve performance and help prevent injuries

Combine Testing/SPARQ Rating



SPARQ (Speed-Power-Agility-Reaction-Quickness) is a comprehensive athletic assessment for sports – designed to test the skills and unique brand of athleticism relevant to each sport. What these tests do is reveal to athletes their strengths and weaknesses, helping them to better target their training. After testing, each athlete will receive a SPARQ rating (National calibration for athletes to compare their stats).

Get your SPARQ Rating here!

Semester Packages

- Expert training from our collegiate and pro strength staff
- Weekly scheduled team workouts (You determine frequency)
- Programs based on your philosophy and team needs
- Scheduling of workouts before and/or after school
- Pre- and Post- testing (S.P.A.R.Q. rating)
- Parental follow-up
- Weekly progress report on team training
- 2 **FREE** team practices at our indoor sports complex
- (Great for those “Bad weather” days! – Use them either semester!)



Summer Training Camps

All Sports: Collegiate - High School - Middle School and Intermediate
Morning and evening sessions available June through August

Get trained by our D1 Coaching staff!



Denny Bonewitz

(Speed / Strength Coach)

UNIVERSITY OF NORTH TEXAS
UNIVERSITY OF NEW MEXICO
UNIVERSITY OF CALIFORNIA
UNIVERSITY OF HOUSTON

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Rob Sundquist

(Athletic Trainer)

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UNIVERSITY OF NORTH TEXAS
OREGON STATE UNIVERSITY