

UNLEVEL THE PLAYING FIELD

sportsACCELERATIONcenter
Proud Member of
Athletic Republic

WE HAVE THE ATHLETE DOWN TO A SCIENCE

Sports Acceleration Center, proud member of Athletic Republic will help you achieve your performance goals. How do we do it? We create the ultimate training environment with our trainers, our acceleration training programs and our equipment. Holding six patents and having developed over 2000 proprietary training protocols, we administer programs that cater specifically to each sport. Programs that push our athletes hard and make them faster, stronger and more agile than they ever thought possible. Programs that under the directions of our trainers, translate to victory on the field. Check out our websites for additional information:
www.athleticrepublic.com.

**NOT ONLY WILL THIS
BUILD MUSCLES-
IT WILL BUILD
CHARACTER**

Each athlete will be assessed on strengths and weaknesses in the following areas:

- MOVEMENT SKILLS (speed, agility, stability and symmetry)
- POWER AND STRENGTH
- CONDITIONING EFFICIENCY (how well do you recover)
- INJURY PREVENTION



sports **ACCELERATION** center
better *speed* equals a better athlete

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