

TEAM Training

Year-Round! In-season and Off-season Sports Performance Training

Improve athletic performance, help prevent injuries and promote longevity through Sports-specific speed and power training

- Speed and agility drills
- Vertical jump training
- Resistance training
- Combine training (40's, Shuttles, Starts...)
- Conditioning
- Flexibility and stability exercises

Run Faster / Jump Higher / Accelerate Quicker

Your TEAM receives:

1-20 customized Sport-Specific sessions (Approx. 1 hour each)
Create your own times and days (Available 24/7)

Team	6+ athletes	10+ athletes
1 session	\$15 / ath.	\$10 / ath.
5 sessions	\$70 / ath.	\$48 / ath.
10 sessions	\$130 / ath.	\$90 / ath.
20 sessions	\$240 / ath.	\$170 / ath.

Basketball :

Quick feet and vertical jump

Baseball/Softball :

Shoulder girdle and hip strength

Cheerleading :

Power endurance for stunting

Football :

Strength, speed and size

Golf :

Driving power and flexibility

Hockey :

Dry land training / reaction

Soccer :

Foot speed and quickness

Swimming/Diving :

Dry land aquatic training

Tennis :

Quick feet and conditioning

Track and Cross country :

Conditioning and explosive power

Volleyball :

Vertical jump and muscular endurance

Wrestling :

Leverage, strength and endurance

Don't have a Team? Then join our...

Small Group Classes

Year-round training available / Up to 12 athletes per coach

Choose times and frequency from our schedule

Join individually ANYTIME!

Age: 8-12 yrs. 5:30-6:30 pm M-Tu-W-Th / Sat. 10:30 am

Age: 13+ yrs. 6-7:30 pm M-Tu-W-Th / Sat. 10:30 & 11:30 am

\$20 per session per player or \$185 for 10 sessions

(Save with monthly unlimited packages – see website)

Also available: 1-on-1's / Team Mates / Physio-Therapy



Athletes trained by EDGE Sports Performance speed and strength staff:

Keith Mannie

(Skills & Performance Coach)

BACONE COLLEGE (Football & Track)

OKLAHOMA THUNDER (DB/WR)

WORLD LEAGUE CHAMPION '09

LANGSTON UNIVERSITY (Football & Track)



Denny Bonewitz

(Strength Coach)

UNIVERSITY OF NORTH TEXAS

UNIVERSITY OF NEW MEXICO

UNIVERSITY OF CALIFORNIA

UNIVERSITY OF HOUSTON

NIKE-SPARQ Certified

www.EdgeSportsFitness.com

13816 Santa Fe Crossings Dr., Edmond, OK 73013

To register call (940) 391-3711

