



## **SPEED BASICS**

The Speedology® Speed Basics program is a specially designed program for young athletes, boys and girls, ages 8,9, and 10 that focuses on foundational development of the athlete. There are certain basic skills needed to be an athlete of any sport that are best developed at a young age. This program will teach the young athlete:

- Basic Sprint Mechanics (learn “how” to run)
- Body Control/Balance (lower risk of injury, fewer falls)
- Stop/Go and Change Direction (important for all sports)
- Lower body and Core Development (the foundation of the body)
- Agility (become more athletic)
- Basic Flexibility (lower risk of injury; keeps muscle and connective tissue loose to allow for maximum growth)

We focus on full-body, multi-joint movements that develop excellent coordination of the Kinetic Chain. Body-weight is used for primary resistance with some light dumbbells and resistance tubing incorporated as well, and NO barbell weightlifting!

Classes last 1 hour and are fast-paced, fun, and challenging. Parents often notice changes in coordination and athletic movement within the first week!

Enroll today for this unique and new to the North Shore program by contacting Karl Frank at 225-303-1261 or [karl@speedology.com](mailto:karl@speedology.com)

**\*\*Enrollment is limited to ensure adequate individual attention\*\***



## **JUNIOR DEVELOPMENT PROGRAM**

Our Junior Development Program is specially designed for athletes, male and female, ages 11 through High School and is a continuation (next level) of the Speed Basics Program. It continues the progression of development by advancing the skills established in the Basics Program. As the athletes progress in age and development they are introduced to more advanced training including more strength and power training. All athletes' progress is closely monitored and barbells and resistance beyond bodyweight is allowed only when it can be performed safely. Key components of the program are:

- Advanced Sprint Mechanics of the Upper and Lower Body (full implementation of the patented Speedology® Speed Development System)
- Sports-Specific Speed, Agility, and Quickness (position-specific SAQ is gradually introduced as the Athlete advances)
- Core Training and Stability
- Targeted Flexibility (targeted to the sport/position played)
- Power/Strength Training
- Performance Nutrition and Supplementation (the "do's" and "don'ts" of nutrition and supplements are taught)

All athletes who enroll in the program get a Speedology® Speed Kit. The Speed Kits contain the complete Speed Training Program that will be used extensively in the program including instructional DVD and year-round training protocol. Kits are tailored to the athletes' age group as follows: Junior Kit – recommended for ages 11–13; Senior Kit – recommended for ages 14–18.

For more information contact Karl Frank at 225-303-1261 or [karl@speedology.com](mailto:karl@speedology.com)