



JUNIOR DEVELOPMENT PROGRAM

The Junior Development Program is specially designed for athletes, male and female, ages 11 through High School. 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)

The entire speed development system is now available for purchase! 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



Speedology Speed Kits

Complete Speed Training System for every level

<u>JUNIOR KIT</u> – for ages 11 - 13	<u>\$109.95</u>
<u>SENIOR KIT</u> – for ages 14 – 18	<u>\$119.95</u>
<u>PRO KIT</u> – for college/pro athletes	<u>\$129.95</u>

Kits Include:

- *Instructional DVD*
- *Year-round Training Program*
- *Training Band (appropriate tension for each level)*
 - *Ankle Bracelet (1)*
 - *Arm Cuffs (2)*
 - *Adaptors (to convert band from legs to arms)*
- *Self- Connector (enables you to attach training band to almost anything)*
- *Stretch Strap (to use for specific flexibility for sprinting as demonstrated on DVD)*
- *Drawstring Bag (carry your kit anywhere to use)*

WARNING

Regular use of this system can cause Serious Speed!