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# ELITE SPEED SPORTS PERFORMANCE

Off Season Baseball Training Program

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Visit Our Website  
[www.eliteperformco.com](http://www.eliteperformco.com)





# NICK VINSON

- Managing Partner at ESSP
- Over 22 years in the coaching industry
- Six national level certifications
- Has worked with countless elite baseball players including:
  - Three First Rounders
  - Two Second Rounders
  - Two Silver Sluggers, Cy Young Finalist
  - Five MLB All-Stars
  - Five Colorado HS Draft Picks



# COACH WYATT SARGENT

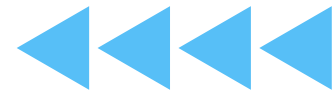
- Pitched at the college level for 5 years
  - NCAA Regional Appearance 2024
  - School Best 35-16 record
- Most recently Graduated Regis University with a degree in Exercise Science
- First year of coaching, has already helped multiple high school athletes commit to play at the next level.



# WHO WE ARE

- **Our mission is to impact, lead and mentor clients of all ages and abilities through individualized performance training.**
- We have coaches that come from a variety of collegiate and professional playing and coaching backgrounds
- Our training approach revolves around caring for the WHOLE athlete

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# THE IMPORTANCE

## IN/OFF SEASON PERFORMANCE TRAINING

- Build the engine- learn foundational movement patterns
- Create sport specific power
- Maintain Shoulder Mobility & Stability to Keep arms healthy
- Nutrition Guidance

Arm Care

Rotational Power

Acceleration

Defensive Lateral  
Quickness

Kinetic Chain  
Optimization

# SMALL GROUP TRAINING

- 6:1 Athlete to Coach Ratio
- Baseball Specific Training
- More personalized, concentrated work
- Daily Progress tracking and Fatigue monitoring

## Days/Times

- Will vary based on practice/game scheduling
- Morning/Afternoon/Weekend options

## Cost

- 4x \$240/mo
- 8x \$480/mo
- 12x \$700/mo

## Location

- Elite Performance Center
- 6839 S Vine St.  
Centennial CO, 80122

# PRIVATE TRAINING

- 1:1
- The most individualized type of training
- Daily progress tracking and fatigue monitoring
- Daily athlete specific muscle imbalance solutions

## Days/Times

- Days/Times that are most convenient for your schedule
- Morning/Afternoon/Weekend Options

## Cost

- 4x \$525/mo
- 8x \$880/mo
- 12x \$1,200/mo

## Location

- Elite Performance Center
- 6839 S Vine St.  
Centennial CO, 80122



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# OUR KICKBACK PROGRAM

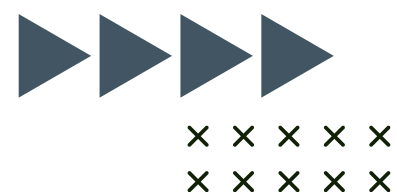
- We Understand the burden of operating HS programs on a public school budget
- At Elite Speed SP we are comitted to giving back to the community.
  - \$10/ session on Semi Training
  - \$20/mo on Private Training
  - This goes DIRECTLY back to the program for as long as the contract is active!
- This gives parents and familes a way to support both their athlete, and the program simultaneously



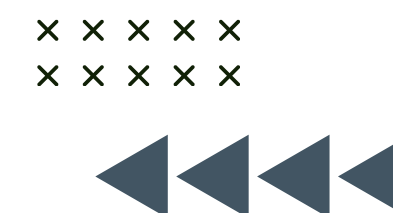
# INJURED DURING SEASON?

**While we take a lot of pride in maintaining a safe performance environment, injuries are never 100% preventable. Whether it's on the field or in the weight room, we are ready to jump and assist with the transition as swiftly as possible. Thanks to Elite's local partnerships, we can help fast track your athletes PT journey with expedited appointments.**

**\*Times vary and are subject to PT availability**



# Q & A



**Please reach out to Nick Vinson via text or  
email with any questions!**

**303-888-8657**

**[nvinson@eliteperformco.com](mailto:nvinson@eliteperformco.com)**