



TEAM SPEED

THE TRAINING STARTS HERE

SPORTS PERFORMANCE

All-Levels Training **GRADES 2-7**

10% OFF for
LHA Members
& Staff with
Promo Code:
LHA10

YOUTH SPORTS PERFORMANCE CLASSES

ALL-LEVELS SPORTS PERFORMANCE TRAINING FOR ATHLETES IN GRADES 2-7

Prepare your child for athletic growth and skills development with Team Speed's youth sports performance classes, offered during every season - all year long! Designed exclusively for athletes ages 7-12, or in 2nd-7th grade, our program offers targeted training to meet their age-specific needs.

WHY TEAM SPEED?

Dynamic Training Environment: Our sessions are designed to be fun and engaging, ensuring that every child enjoys their time while making significant athletic progress.

Experienced Coaches: Guided by seasoned professionals, your child will receive top-notch training tailored to their age group and skill level.

Whole-Athlete Development: We focus on developing both athletic skills and personal growth, ensuring that your child grows as an all-around athlete and individual.

JOIN US!

Want to get to know our coaches and our facility? Start by dropping in to a class! After your first class, there are three main ways to continue your training: drop-ins, class-packs, and membership.



COMPREHENSIVE ATHLETIC TRAINING

Develop your child's speed, reflexes, and endurance with age-specific dynamic drills. Enhance explosive power and build upper and lower body strength.



INJURY PREVENTION & SAFETY

Focus on stability and correcting muscular imbalances to reduce the risk of injuries.



CHARACTER & CONFIDENCE BUILDING

Our supportive and encouraging environment helps children build confidence and self-esteem. Emphasizing the development of a strong work ethic and teamwork.



TRAINING KNOWLEDGE & VOCABULARY

Introducing young athletes to basic training theory and terminology, fostering an understanding of healthy living and training principles.



COMARADERIE & FUN

Promote camaraderie and teamwork, ensuring that children make friends and enjoy their training sessions.



SEASONAL PERFORMANCE TESTING

Once per month, we conduct testing to track progress and set new goals. Tests include vertical, broad, pro-agility, 10-yard sprint, shuttle, and more!

Get
Started
Now!

TEAMSPEEDCO.COM
(303) 779-3640





TEAM SPEED

THE TRAINING STARTS HERE

HIGH SCHOOL SPEED & STRENGTH

Athletic Training **GRADES 8-12**

10% OFF for
LHA Members
& Staff with
Promo Code:
LHA10

SPEED & STRENGTH TRAINING CLASSES

ADVANCED TRAINING PROGRAM FOR
ATHLETES IN GRADES 8-12

If you're a high school athlete seeking to enhance your speed, strength, and overall athletic performance, these classes are for you! Our expert coaches are dedicated to helping you unlock your full potential, making you faster, more powerful, and more explosive on the field or court.

WHY TEAM SPEED?

Dynamic Training Environment: Our sessions are designed to be engaging and challenging, ensuring that every athlete enjoys their time while making significant athletic progress.

Experienced Coaches: Guided by seasoned professionals, your athlete will receive top-notch training tailored to their age group and skill level.

Whole-Athlete Development: We focus on developing both athletic skills and personal growth, ensuring that your athlete grows as an all-around athlete and individual.

JOIN US!

Want to get to know our coaches and our facility? Start by dropping in to a class! After your first class, there are three main ways to continue your training: drop-ins, class-packs, and membership.



COMPREHENSIVE ATHLETIC TRAINING

Elevate your performance with advanced drills designed to maximize speed, reflexes, and endurance. Boost explosive power and strength.



INJURY PREVENTION & SAFETY

Emphasize stability and address muscular imbalances to minimize injury risks. Instill proper strength training safety and etiquette to ensure athletes are confident and safe in the weight room.



CHARACTER & CONFIDENCE BUILDING

Cultivate confidence and self-esteem in a supportive yet challenging environment. Foster a strong work ethic and teamwork mentality essential for athletic success.



TRAINING KNOWLEDGE & VOCABULARY

Equip athletes with a solid understanding of training theory and terminology, reinforcing healthy living and advanced training principles.



COMARADERIE & FOCUS

Promote camaraderie and teamwork while maintaining a strong focus on achieving personal and team goals.

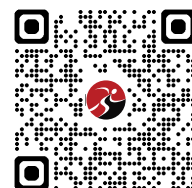


SEASONAL PERFORMANCE TESTING

Once per month, we conduct testing to track progress and set new goals. Tests include vertical, broad, pro-agility, 10-yard sprint, shuttle, and more!

Get
Started
Now!

TEAMSPEEDCO.COM
(303) 779-3640





TEAM SPEED

THE TRAINING STARTS HERE

HOCKEY DRYLAND SUMMER TRAINING

BUILD STRENGTH, SPEED &
GAME-READY SKILLS

9-Week Off-Season Program
June 2 - July 31

AGES 8-12

Tuesdays & Thursdays | 11:30 AM – 12:30 PM
\$359 (or two payments of \$179.50)

This program is designed for youth hockey players looking to build strength, speed, and control that translates directly to the ice.

Training Focus:

- **Explosiveness** – Quick first steps and powerful strides
- **Strength & Power** – Win battles along the boards and stay strong on the puck
- **Agility & Footwork** – Improve directional changes and transition speed
- **Core & Balance** – Develop edge control and coordination
- **Conditioning** – Build the stamina to outwork the competition

AGES 13+

Mondays, Tuesdays & Thursdays | 7:15 AM – 8:15 AM
\$539 (or two payments of \$269.50)

This program is perfect for athletes preparing for club tryouts, varsity seasons, or anyone ready to dominate their off-season.

Training Focus:

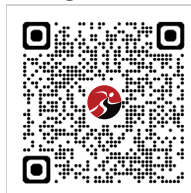
- **Explosiveness** – Increase acceleration and stride power
- **Strength & Power** – Build power through contact and puck control
- **Agility & Footwork** – React quickly and change direction effectively
- **Core & Balance** – Improve stability with and without the puck
- **Conditioning** – Develop better endurance and recovery between shifts

ALL SESSIONS LED BY COACH HUNTER

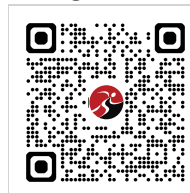
A former Grand Canyon University player and current coach in the Colorado youth and high school hockey scene, Coach Hunter brings hockey-specific expertise and high-energy coaching to every session.

Register Now!

Ages 8-12



Ages 13+



**10% OFF for
LHA Members
& Staff with
Promo Code:
LHA10**