



programs

Sports Performance Training

Our athlete to coach ratio is 6 to 1 which creates a very personalized training program.

One-hour classes:

- 24 sessions* \$576 member/\$649
- 12 sessions \$384 member/\$420
- Summer Camp Add-on Package 4 session \$128 member/\$140 nonmember. Add onto our regular summer camps or specialty sports camps Mon.–Thurs.

Individual training sessions available upon request.

sports performance training



great athletes aren't born, they're built

ignite Youth Sports Performance programs at Philadelphia Sports Clubs specialize in training young athletes to perfect their skills and improve their abilities no matter what sport they play.

Speed Conditioning Camp

Half-day, One-week sessions

Athletes are grouped according to skill level.
Price: Member \$225/Nonmember \$270

Year-round Team Training

In-season and Off-season

Trainers will work with groups of 8–20 athletes, elementary to collegiate levels, to provide speed and conditioning training.

We welcome teams from a variety of sports such as girls and boys basketball, volleyball, soccer, football, lacrosse, baseball, tennis and more.

In-house or off-site prices are available upon request. Prices are based on the number of sports performance sessions and court time used.

* Recommended to improve overall performance.

** If parents are members, youth receives member price.

** Special membership rates for youth 14–17 years if both parents are members. Please inquire with a membership consultant.



philadelphia sports clubs

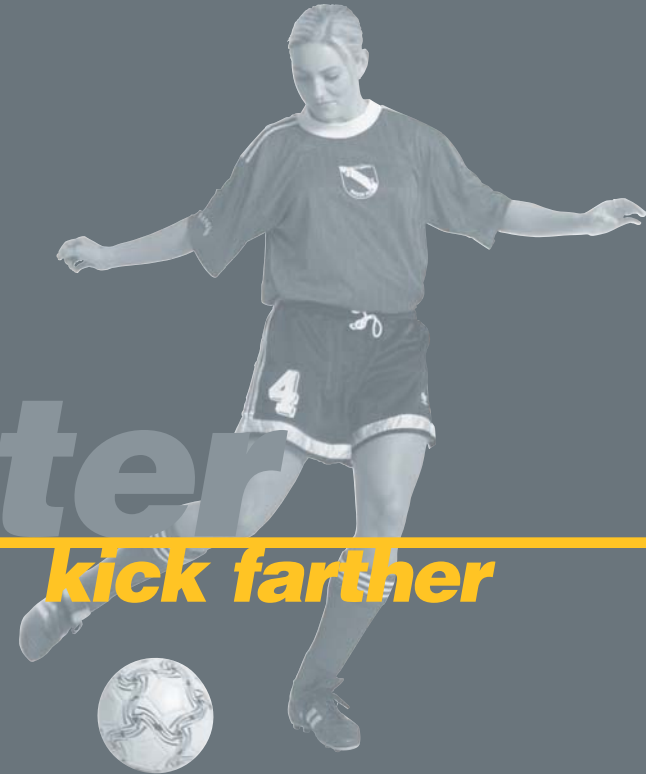
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mysportsclubs.com





jump higher

run faster



kick farther

we build better athletes

The professional athlete possesses more than just technical knowledge of the game. Increased speed, agility, reflex and strength advances them from the recreational player to that whole other level.

performance is key

Faster sprint times, quicker acceleration, deceleration, and change of direction, strength and power gains, higher vertical jumps, quicker recovery times are all critical to success on any playing field.

and expert training is crucial

Every athlete knows that. That's why we've enlisted Tim Moyer as the sports performance manager. With over 10 years coaching experience working with athletes from elementary school to professionals in various performance arenas, such as:

- Head strength and conditioning coach for the Philadelphia Kixx (Professional Indoor Soccer Team)
- Head volleyball coach for Penridge High School (Men and Women teams)
- Youth performance coach for the International Youth Conditioning Association (IYCA)

fuse it all together on the ultimate proving ground

- 190,000 square foot facility
- 2 regulation indoor volleyball/basketball courts
- Indoor soccer/lacrosse arena
- 50-yard indoor track with electronic speed trap timing system
- State-of-the-art movement video analysis
- Specialized youth weight-lifting area
- 8 indoor tennis courts
- 25-meter indoor pool
- Flexibility and power-training studio
- Locker rooms
- Parent viewing areas

