



Nike SPARQ Training

The **Speed Boosters SPARQ** training sessions emphasize enhancing speed, power, agility, reaction, quickness, and flexibility, while aiding in injury prevention. **Speed Boosters Nike SPARQ** training sessions will help to maximize each athletes full potential. Training sessions are developed specifically for the middle and high school player. The goals of the program are to improve on field performance through a progressive functional training program.

Speed Boosters offers free **SPARQ** testing to all athletes enrolled in training sessions. Each athlete will be **SPARQ** tested to evaluate strengths and weaknesses and to gauge development. **SPARQ** is a national athleticism measurement system used by college coaches and pro scouts to comparatively evaluate athletes. Included in the testing is a **SPARQ** rating and personal webpage where you may upload pictures and video for family, friends, and college coaches. **SPARQ** is the ACT of athleticism. The testing also allows **Speed Boosters** staff to identify a specific training program to meet each athletes individual needs.

Come Visit The Only Area Source For SPARQ Training

Spring Sessions Begin March 3rd

Location: Grizzlies Baseball Academy

Days: Tuesday & Thursday

Time: 7:15-8:00 & 8:00-8:45

Cost: \$10 per session

Attend Any Day and Any Time

For more information about training sessions contact:
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