Your Home for Performance Training:
St. Vincent Sports Performance!

Preparation for your athletic development can make the difference between achieving or falling short of your athletic goals. Take control of your fate...train with the professionals at SVSP!

There’s something for every athlete:

**Middle School Performance Training**
60 minutes of training designed to improve speed, flexibility, strength, mobility, agility, with a focus on correct technique and building a foundation for long term development.

**High School Performance Training**
Whether you are supplementing your high school program or looking for a total training solution, you’ll find it within these 90 minute sessions. Our coaches will provide you the tools to improve every aspect of athleticism. It’s up to you to use them!

**College Performance Training**
Incoming freshman or returning letter winners will find other college athletes getting after it during these 90 minute sessions, to make a difference on the court or field. Return to your college or university with more speed, strength, stamina and power!

**Adult Performance Training**
The fun and intensity isn’t reserved only for young athletes; join us for 60 minutes of results based training. Calling this a “boot camp” doesn’t do this style of training justice.

**Locations**
St. Vincent Sports Performance at Clay Terrace
14455 Clay Terrace Blvd, Suite A

SVSP Jonathan Byrd Fieldhouse (Grand Park)
200 E. 186th St., Westfield, IN 46074

DefiningSportsPerformance.com
2017 Summer Training Schedule
May 30, 2017 - August 11, 2017

HIGH SCHOOL OFFERINGS

High School Performance
Monday/Wednesday - 4:30 - 6:00 PM
Tuesday/Thursday - 4:30 - 6:00 PM

High School Football
(starts Tue., June 6th, ENDS July 28th)
Tuesday/Thursday - 7:00 - 8:30 AM

High School Basketball
(started April 17th, ENDS November 1st)
Monday through Thursday - 4:00 - 5:30 PM

High School Soccer
Tuesday/Thursday - 4:00 - 5:30 PM

MIDDLE SCHOOL OFFERINGS

Middle School Performance
Monday/Wednesday - 6:00 - 7:00 PM
Tuesday/Thursday - 6:00 - 7:00 PM

COLLEGE OFFERINGS

College Performance
Monday/Wednesday/Friday - 1:00 - 2:30 PM

College Football
May 8th - June 2nd
Monday/Wednesday/Friday - 1:00 - 2:30 PM

June 5th – July 28th
Mon/Tue/Thur/Fri - 1:00 - 2:30 PM

College Open Gym
Monday through Friday - 11:00 AM - 1:00 PM

*$100/month for facility access during designated hours (11-1).
Athletes can utilize foam rolls, bands for stretching & activation, NormaTec recovery boots, ice, etc. before and/or after the two hour training period. Athletes will be supervised by strength & conditioning coach during training period. This offering is ideal for athletes who have more experience in the weight room, have a program written by their collegiate strength coach, and feel comfortable executing their program with minimal help.

ADULT PERFORMANCE OFFERINGS

Adult Performance

MORNING
(starts June 5th, CONTINUES INDEFINITELY)
Mon/Wed/Fri - 6:00 - 7:00 AM
Tuesday/Thursday - 5:30 - 6:30 AM

EVENING
(starts June 6th, ENDS August 10th)
Tuesday/Thursday - 6:00 - 7:00 PM

Call 317-415-5747 (Option 2) to register for sessions now, and take your game to the next level with St. Vincent Sports Performance.

• Don’t see your sport represented on the schedule? No problem. Our coaches can adapt the training during the session to address your sport!
• Team Training: Get 7 other athletes to train at the same time with you and we’ll create your own TEAM! This session is exclusive to your group.

DefiningSportsPerformance.com
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St. Vincent
Sports Performance

THE SPIRIT OF CARING®
Jonathan Byrd Fieldhouse (Grand Park)
2017 Summer Training Schedule
May 30, 2017 - August 11, 2017

HIGH SCHOOL OFFERINGS

High School Performance

Mon/Wed/Fri: 3:30 - 5:00 PM & 7:00 - 8:30 PM
Tuesday/Thursday: 7:00 - 8:30 PM

MIDDLE SCHOOL OFFERINGS

Middle School Performance

Mon/Wed/Fri: 5:00 - 6:00 PM & 6:00 - 7:00 PM
Tuesday/Thursday: 6:00 - 7:00 PM

GRAND PARK PREMIER

2022 WHITE - 7th & 8th Grade
Tuesday: 4:00 - 4:30 PM

2023 & 2021 - 6th & 8th Grade, 16 BOYS
Tuesday: 5:00 - 6:00 PM

2022 BLACK & RED - 7th Grade, 16 BOYS
Thursday: 5:00 - 6:00 PM

LOCATION

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200 E. 186th St., Westfield, IN 46074

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