



Velocity Series

One-on-One professional training support for sport/business leaders, coaches and athletes

Velocity coaching sessions give you additional tools to master the *Ignition* and/or *Momentum* series, stay on a winning track with a maintenance program, prepare for major events, learn new skills and resolve blocks to performance.

Make us a part of your complete professional training team for:

- **Customized training and yearly planning**
- **Competition preparation and support**
- **New tools, strategies and perspectives**
- **Problem-solving of minor or major performance issues**
- **Fine-tuning existing strategies**
- **Resolving road bumps and slumps in a season**
- **Videotape review/analysis of athletic performance**
- **Leadership and team synergy strategies**
- **Session to session guidance as required**

"After only one season working with Bob Palmer, I had very consistent control of my nerves in every match...My overall improvement has been huge and in the World Skeet Championships I placed in the top 30 shooters in the world. This is an 80% improvement over the previous year."

— **ANDY SPOONER, American Skeet**

Velocity training is a proactive approach to ongoing high performance.

The Velocity Series, one-on-one training, gives you:

- Four or eight 45-minute elite coaching sessions where you learn the tools to support your Zone
- Monthly debriefing of games (or game video) at the start of each session
- Follow-up written material
- Direct contact with trainer Bob Palmer during, and for a short period of time after, your training period
- Additional system tools that you'll use for life in sport, school and work

Four session training package – 495.00 + applicable taxes

Eight session training package – 950.00 + applicable taxes

Velocity premium training with Bob Palmer has limited availability. Contact us to reserve your space now:

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Sport Excel