



Velocity Series

One-on-One customized training when you need it most

Ignition

Momentum

Velocity

The *Velocity* Series gives you the backup training you need to master the SportExcel system in order to keep winning. It is a maintenance program and your support for preparing for major events. It is also a mentorship program and you can call upon it for any situation. We have your back.

We are a part of your 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

"I consider the SportExcel system to be my most valuable competition asset."

— John Pettibone, Competitive trap shooter,
Member of 2015 PA All State Men's Team

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
- As required 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

Prerequisite: *Ignition* or *Momentum*

BOOK YOUR TRAINING TODAY:

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www.sportexcel.ca
 Space is limited

