



## 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

*“After only one season working with Bob Palmer, I had very consistent control of my nerves in every match.”*

— **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 or 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

**4-session training package – 500.00 + applicable taxes**

**8-session training package – 950.00 + applicable taxes**

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 Space is limited

