



Sports Performance Training



Velocity Sports Performance-Willowbrook, an official provider of Nike SPARQ training and part of the largest sports performance training company in the country, has relocated to the Chalet. Velocity has been servicing the Pleasant Dale community for the last 5 years from their previous location in Willowbrook.

Velocity operates its program in small groups of 6 athletes or less. The program is scientifically designed to improve speed, power and agility- the three pillars of athleticism. Athletes from all sports and all skill levels age 8 to professional participate in the programming. Elementary school athletes train for 1 hour each session and middle school and older athletes train for 1 ½ hours each session. Every training session is lead by a degreed and certified strength and conditioning coach with experience in the college and/or professional environment.

The goal of the Velocity program is to provide permanent positive changes in:

- Starts, acceleration and top running speed
- Coordination and balance
- Agility and quickness
- Range of motion and general mobility
- Strength, stability and explosive power
- Injury prevention

Programs operate every day and are priced at \$13-\$25 per hour based on the frequency of the training program you choose. FREE trial sessions are also available for all athletes. Trial sessions provide the opportunity for athletes and parents to evaluate the effectiveness of the program and to allow our coaches to provide meaningful feedback regarding an athlete's strengths and weaknesses.

Team training is also available and can be added to your Chalet rental or take place without a rental arrangement. Team training is customized for the specific needs of your team and is priced to fit your team's budget.

Also look for Velocity programming as a component of existing Pleasant Dale Park District programs and as separate Park District camps and clinics.

For more information about Velocity Sports Performance visit www.velocitysp.com/willowbrook or stop and talk with a Velocity representative at the Chalet. Or contact Dale Deatsch or Jay Williams at 708-783-1035.

