

>>>Brebeuf Track and Field at SVSP

DEFINING SPORTS PERFORMANCE >>>

Team Training at SVSP

- > Speed, Agility, Quickness and Power Performance Training
 - > 90 minute sessions @\$18/session =\$198/athlete
- > Training Times/Days
 - > Tuesdays and Thursdays 4-5:30pm
 - > Nov. 1-Dec. 8th (11 sessions)
 - > 8227 Northwest Boulevard, Ste. 160, Indianapolis 46278
- > Register online at www.definingsportperformance.com
 - > Click on “Contact Us”, then “Register”. On form under “Other” type in Brebeuf
- > Important: Arrive 15 min. early and call 415-5747 within 24 hours if unable to attend.
- > Questions? Contact Michelle McElderry @ 727-1251 or mmcelderry@indy.rr.com
- > Training will continue in January, more information to follow.