



# CENTENNIAL LACROSSE SPORTS PERFORMANCE

At Training HAUS, sports performance training is the platform for athletic achievement. Our strength and conditioning team is committed to building a total athlete, while reducing the risk of injury through individualized evaluation and program design. Every athlete is challenged and empowered to identify, pursue, and achieve their personal goals.

## BENEFITS

Training HAUS sports performance programs are so much more than weightlifting. Using dynamic exercises and drills, we cultivate performance qualities beyond foundational strength. The result is a more complete athlete with distinct competitive advantages that apply to any sport.

- Explosive acceleration
- Controlled speed
- Increased functional strength
- Reactive agility
- Efficient mobility
- Protective stability and injury prevention

## TEAM TRAINING

Centennial Lacrosse team workouts are customized for your team with modifications made for athletes returning from injury and/or identified imbalances through testing. Our Training HAUS team works with your coach when developing programming to ensure that each athlete will be physically and mentally prepared for athletic competition, while also building on relationships with one another throughout their time here at Training HAUS. Focus will be placed on speed & agility, designed to increase an athlete's overall athletic ability relating to acceleration, deceleration, top-end speed, and change of direction.

## COACHING BACKGROUND

Our Training HAUS team has over 30 years of combined sports performance experience. From NFL, NBA, MLB, and other professional sports through youth development, our staff has trained them all.

**COST:** \$175 / 10 session – 2 times per week

**TRAINING DATES:** Mondays and Wednesdays 3:30pm-4:15pm Beginning: TBD

## LOCATION

Training HAUS | Vadnais Heights  
2<sup>nd</sup> Floor of TCO Sports Garden,  
1490 Co. Rd. E East | Vadnais Heights, MN, 55110

## CONTACT

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