



& Injury Prevention Program

SPEED

POWER

AGILITY

BALANCE

ACCELERATION



Looking for an edge on the competition?

- Program is for players looking to improve your athleticism by gaining speed, agility, acceleration, explosiveness, and strength while learning proper movement techniques for better injury prevention?



Meet Colt Schreyer: SASA Athletic Performance Coach

BIO: Sports are more fun when our confidence and our athleticism is constantly improving. That's where I come in to help. My name is Colt Schreyer and I love helping athletes grow on and off the field through athletic performance training. Consistent growth = happiness and my job is to foster an environment that allows for just that. I'm thrilled to motivate and educate your athlete to move well, decrease risk of injury, and provide a fresh new perspective on the importance of mindset and their physical well being.

CREDENTIALS AND LICENSES

NSPA Speed and Agility Coach

NSPA Program Design Specialist

NSPA Sports Nutrition Coach

NSPA Weightlifting Performance Coach

FMS Level 1; ACE Certified Personal Trainer

Experience: 5 Years of coaching athletes on and off the field in Illinois, Idaho and Utah. Played at Northland College as a goalkeeper. 4 year starter, hold multiple conference awards and a NCAA record.



SASA Performance Training Program

SASA Athletic Performance Training will improve participants' ability in all of these areas. All programs will emphasize player education so that each participant can effectively internalize and apply the skills and techniques learned in training to perform in competitive situations.

Program Options:

- Fundamental Performance Training – U8 to U10
- Intermediate Performance Training – U11 to U14
- Advanced Performance Training – U13 to U18
- Elite Performance Training – U15 to U18
- *All programs span 7 weeks with one 60-minute training session per week

SASA Performance Training Program: Fundamental Performance Training U8-U10

Fundamental Performance Training (U8 to U10)

- Injury Prevention-focused Warmup
- Core Stability
- Fundamentals of Sport-Specific Movement Techniques
- Static and Dynamic Balance and Coordination
- Reaction Time
- Fundamentals of Speed, Agility and Acceleration

The Fundamental Performance Training program is for the young athlete who wants to have fun learning proper movement patterns for sport performance while improving balance and coordination skills. The principles taught in this program will lay the foundation for the growth and development of your athlete.



SASA Performance Training Program: Intermediate Performance Training U11-U14

Intermediate Performance Training (U11 to U14)

- Injury Prevention-focused Warmup
- Core Stability
- Intermediate Sport-Specific Movement Techniques
- Dynamic Balance and Coordination
- Speed, Agility, and Acceleration
- Applied Reaction Time
- Foundations of Muscular Strength and Endurance
- Explosiveness

The Intermediate Performance Training program is geared toward athletes who want to improve their athletic capabilities by improving speed, agility, acceleration and explosiveness while beginning to build their muscular strength and endurance in a targeted manner.



SASA Performance Training Program: Advanced Performance Training U13-U18

Advanced Performance Training (U13-U18)

- Injury Prevention-focused Warmup
- Core Stability
- Advanced Sport-Specific Movement Techniques
- Advanced Balance and Coordination
- Speed, Agility and Acceleration
- In-Game Scenario Reaction Time
- Advanced Muscular Strength and Endurance
- Explosiveness

The Advanced Performance Training program is for serious athletes looking to take their game to the next level by increasing, speed, agility, acceleration and explosiveness in training routines that will mimic in-game scenarios.

*** U13 & U14 must complete intermediate for one full program session before can enter the Advance Performance Training.



SASA Performance Training Program: Advanced Performance Training U13-U18

Advanced Performance Training (U13-U18)

- Injury Prevention-focused Warmup
- Core Stability
- Advanced Sport-Specific Movement Techniques
- Advanced Balance and Coordination
- Speed, Agility and Acceleration
- In-Game Scenario Reaction Time
- Advanced Muscular Strength and Endurance
- Explosiveness

The Advanced Performance Training program is for serious athletes looking to take their game to the next level by increasing, speed, agility, acceleration and explosiveness in training routines that will mimic in-game scenarios.

*** U13 & U14 must complete intermediate for one full program session before can enter the Advance Performance Training.



SASA/CIU Performance Training Program: Elite Performance Training U15-U19

Elite Performance Training (U15-U18)

- High-Intensity Interval Training (HIIT) Focused
- Injury Prevention-focused Warmup
- Core Stability
- Speed, Agility, Acceleration and Explosiveness Circuit Training
- In-Game Scenario Reaction Time
- Applied, Sport-Specific Muscular Strength and Endurance
- Elite Explosiveness

The Elite Performance Training program is for the elite athlete looking to maximally increase their sport performance abilities to compete at the highest level. This program will focus on HIIT training for all aspects of athleticism in order to increase the athlete's speed, agility, acceleration and explosiveness while also increasing aerobic and anaerobic endurance, giving them an edge on the competition in-game.



Athletic Performance Training Program Pricing

Fundamental Performance Training	\$180	Time TBA	Boys/Girls	U8-U10	Dates TBA (6 Weeks)
Intermediate Performance Training	\$180	Time TBA	Boys/Girls	U11-U14	Dates TBA (6 Weeks)
Advanced Performance Training	\$180	Time TBA	Boys/Girls	U13-U18	Dates TBA (6 Weeks)
Elite Performance Training	\$180	Time TBA	Boys/Girls	U15-U18	Dates TBA (6 Weeks)

Programs start date (6 Weeks).

Fall: Starts September 13th & 14th, options to train Tuesday or Wednesday evenings.

Will expand to more days and times a week based upon demand for training.