

PSC's Private Athlete Training Program

 **PREMIER**
SPORT CONDITIONING

PSC's Private Athlete Training Program provides athletes with the highest quality training methods and individualized attention to ensure sport specific demands are met. Each training session delivers a positive, challenging workout in a motivating environment that is personally designed with attention to detail and accurately recorded to ensure progress is made week to week. PSC offers 12,18,24 or 30 session packages to choose from in 30 or 60 minute time frames. Other highlights include:

- Flexible Scheduling that works around your schedule.
- Regular Communication with parent/athlete to keep you updated on training progress.
- Inspirational Word of the Week and Challenge of the Week.
- Professional Coaching Staff who are degreed & were former Olympic/Collegiate level athletes.
- We set tangible, realistic goals with each athlete so every session has a purpose.

FOR MORE INFORMATION OR TO REGISTER, CALL PSC AT (330) 487-0810

