



TEAM PERFORMANCE TRAINING

Our Team Performance Training programs are organized, supervised, professionally run athletic performance training camps designed to not only Increase Team Strength, Speed, Agility, and Conditioning, but also improve Team Unity and Chemistry.

Program Benefits

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| <ul style="list-style-type: none"> • Improved Flexibility & Mobility • Improved Core Strength • Improved Strength & Power • Improved Acceleration & Speed | <ul style="list-style-type: none"> • Improved Quickness & Agility • Improved Sport Specific Conditioning Level • Improved Sports Nutrition • Improved Team Work |
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TEAM RATES

Less than 20 Athletes	\$180 a Session
21-40 Athletes	\$240 a Session
41-80 Athletes	\$300 a Session
81+ Athletes	\$360 a Session

E.A.T.S. Performance Center

4980 Boiling Brook Parkway Rockville MD. 20852

www.EliteAthleteTraining.com / 240-498-9647

SUPERIOR TRAINING... DOMINATING PERFORMANCE!