



High School & Youth Training Programs

EXOS | 2081 Faraday Ave. Carlsbad, CA. 92008. 760-494-1575

Performance Training Packages

High School Performance Program (Ages 14 – 18)

Schedule: Monday – Thursday 4:00-5:30 PM

	<u>4x a week</u>	<u>2X a week</u>
4 training weeks	\$550	
12 training weeks	\$1,450	\$950
24 training weeks	\$2,650	\$1,650

Youth Performance Program (Ages 10 - 13)

Schedule: Monday – Thursday 5:30 – 6:30 PM

	<u>4x a week</u>	<u>2X a week</u>
4 training weeks	\$425	
12 training weeks	\$1,125	\$725
24 training weeks	\$2,000	\$1,250

Team Agreements ; Customized Training for teams (8 or more athletes) to improve upon performance/knowledge/development of athletes and teams to reach the next level.

Performance Training Overview

TRAIN WHERE THE PROS TRAIN, HOW THE PROS TRAIN. Train in the same system and with the same specialists that have supported #1 NFL Draft picks, MLB MVPs, World Cup teams, Olympic gold medalists and 1000s of professional athletes around the world.

Performance Program includes:

Performance Evaluations

- 7-point Functional Movement Screen™ (High school athletes only)
- Nutrition 101
- Vertical and broad jump testing
- 40 yard dash and 5-0-5 drill testing

Training Program

- Speed and agility training
- Strength and power development/Injury Prevention
- Energy Systems Development (conditioning)

For more information or to register, please call Bryce Terrill at 480-323-0703 or email bterrill@teamexos.com