

NIKE SPARQ TRAINING

Tap Your Unlimited Potential This Summer And Increase Your Speed, Power, Agility, Reaction & Quickness

DeLuca's Training Systems will be holding a 10-week SPARQ program at the SportsZone from June 2nd to August 6th. Athletes will see dramatic sports performance improvements! Our challenging and dynamic SPARQ sessions have helped countless Brevard County athletes compete at the next level (collegiate and professional). Our reputation is built on results!

Benefits of SPARQ Training

- Increase your overall body strength to jump higher
- Increase your speed to gain a step on your competition
- Improve your footwork & agility to out maneuver opponents
- Increase your conditioning levels and "stand-out" in preseason camp
- Identify your athletic goals while learning the power of focus & positive attitude to achieve results
- Reduce the potential for injury & strengthen your joints to keep you in the game & in front of scouts

Included in Each Program

- 20 Nike SPARQ Sessions (Every Tuesday & Thursday From 12-1PM)
- Unique Drills Using Plyo's, Ladders, Cones, Boxes, Hurdles, Agility Rings And More!
- Specialized Coaching With Professional Performance Coaches
- JEDI Training For Athletes (Mental Coaching)
- DeLuca's Training Shirt

COST PER CAMPER ~~\$500~~ **\$177.00**

Name:		Date:	
Address:			
City:		State / Zip:	
Pay Method:	<input type="radio"/> Visa <input type="radio"/> Mastercard <input type="radio"/> Discover <input type="radio"/> Check <input type="radio"/> Cash		
Name on Card:		Card #:	
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T-shirt Size	<input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL (+\$2.00)		

