



Working in Partnership with Home Schoolers

Velocity Sports Performance has designed a program to meet the needs of Home School Families.

Velocity Sports Performance is a world-class training facility with programs that focus on the fundamentals every athlete needs to maximize his or her athletic potential. Our training programs are designed to improve athletic performance in areas such as speed, stamina, balance, agility, and flexibility, as well as muscle and joint strength, and injury prevention.

Velocity can provide a physical education class that is one hour long focusing on enhancing speed, strength, power, agility, core development, flexibility and balance. Participants can expect increased muscle tone, a higher vertical jump, better running form, reduced likelihood of injury, increased confidence and increased endurance.

Our 16,300 square foot facility is climate controlled and features turf, track, hard court, and weight areas as well as a viewing area for guests. You'll train with the best equipment available from companies like Powerlift and Cybex.

At Velocity Sports Performance you'll train under world-class performance specialists who have coached college, professional, and Olympic level athletes. With our strict requirements and screening process, we insure that you'll receive the best coaching available.

Pricing Options for Home School Families

Train 1 time per week

One Child-\$50/month
Two Children-\$75/month
Three Children-\$100/month
Four or more Children-\$125/month

Train 2 times per week

One Child-\$75/month
Two Children-\$110/month
Three Children-\$135/month
Four or more Children- \$170/month

*Pro-Rates and make-up sessions not available for missed training classes

2007-08 Home School Training Schedule

Month 1-September 9/17-10/12

Month 2-October 10/15-11/9

Month 3-November 11/12-12/14

(No sessions Thanksgiving week)

3 weeks off

Month 4-January 1/7-2/1

Month 5-February 2/4-2/29

Month 6-March 3/3-4/4

(No sessions Spring Break week, TBD)

Month 7-April 4/7-5/2

Month 8-May 5/5-5/23 or 5/30 *Optional*

Velocity Sports Performance

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Why Do you Train?

Desire * Belief * Character * Determination * Heart * Pride