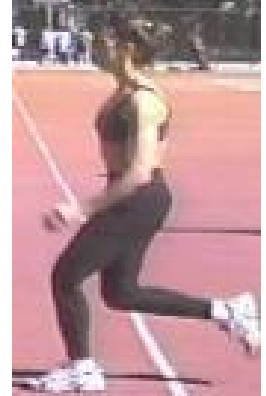
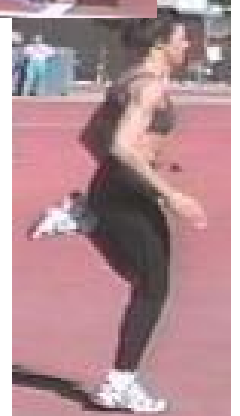




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## SPORTS-SPECIFIC SPEED TRAINING PROGRAM

**Who:** Ages 12 to adult

**What:** Leg speed, speed/strength, sports agility drills.  
Perfect for soccer, baseball, softball, volleyball, lacrosse,  
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anyone wanting to get speed back in their legs.

**When:** TBA

**Where:** TBA

**Cost:** \$10 per week per athlete  
for teams.

\$150/month for individual development.

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Dean Hebert is a certified sprint and distance coach and an athlete for more than 30 years. 95% of his athletes set personal records and perform better as a result of his programs. Call for more information and directions to workout location. 480-491-3506 or email [coach@mindsetforperformance.com](mailto:coach@mindsetforperformance.com)