**Online-Training, Curriculum & Consulting**

**The Sports Training Center & Speed School Inc. (Est. 2002)**

**The Speed School Training System, Curriculum & Protocols**

**Athlete/Coach-Team/Client Information**

* Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Phone No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_\_\_\_\_
* Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Instagram handle: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Age: \_\_\_\_\_\_
* Male: \_\_\_\_\_ Female: \_\_\_\_\_
* Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* List Sports: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \*Coaches: (list sport, male or female) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Sport position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Years played sport: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Goals** (detailed, be specific): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Describe what you would consider your strengths & weaknesses:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* List any previous injuries, surgeries, dates, medications: \_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* How many days a week do you have to commit to training: \_\_\_\_
* Currently Off Season-Pre-Season-In Season: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 30 or 60 minute training program: \_\_\_\_\_\_\_\_\_

Training curriculum can be designed without equipment but if have access to training equipment, list what equipment you will have available to use.

* Training facility: Home-Gym-School-Sports Performance Facility-Field/Track
* Weight training equipment (BB/DB/machines: Yes No
* Plyometric Boxes: Yes No
* Banana hurdles (6”-12”): Yes No
* Cones: Yes No
* Ladder: Yes No
* Bungee Cord (resistance training): Yes No
* Sleds: Yes No
* Tractor tires: Yes No
* Physio exercises balls: Yes No
* Balance board devices: Yes No
* Treadmill: Yes No
* Sprint or area for speed drills: Yes No
* Medicine balls (or heavy bags): Yes No
* List any other equipment:

We may ask for a more detailed description or picture of equipment or other questions such as injury, etc, to more efficiently design the training curriculum.

The training tools we pull from to design the curriculum come from a verity of backgrounds and sports related training drills and or requirements for the needs of that sports position. (Example: Volleyball player needs to be able to jump, a sprinter does not need to do multi direction drills, etc…)

**Training Tools**

* We call the “Toolbox”, the different sets of drills used for developing the components needed for speed/quickness, strength, power, overall athleticism and injury prevention.
* You will have access to decades of intellectual knowledge with training protocols coming from exercise science, weightlifting, body building, power lifting, track & field, plyometrics, sports performance & Functional training, all traditional sports football, soccer, lacrosse, volleyball, wrestling, etc...

**Training components for sports**

* Reaction speed development (how quickly can the athlete reach top speed).
* Linier, lateral, agility & multi change of direction movement.
* Acceleration and deceleration.
* Power through plyometrics (plays role in many sports movements such as sprint starts, vertical leap, increase velocity on hitting, throwing, kicking and in the weight room with lifts.
* Core strength: Core training (the center of gravity) if this area is strong, the other areas will be strong. The core plays a role in most all athletic movement, the core & hips are involved in core rotation while hitting, throwing or kicking adding velocity. Needed for back squats and or overhead lifts supporting the spine/lower back.
* Upper body strength: Using natural body weight exercises or weights. Must be conscious of maintaining mobility in the shoulder & arm joints using lifts to support this need.
* Lower body strength: The most important area when training and playing traditional sports. 2/3rds of training will involve hips, core and legs/lower body exercises, this is where the body generates its energy and power from, transferring the energy & power to the movement the athlete is performing.
* Dynamic Stretch: Just as important as a piece of equipment for development of overall athleticism, running stride (opening the gate), hip mobility, injury prevention and staying healthy. Enabling the athlete to train & play games more frequently, helping to speed up recovery.

The Speed School training curriculum can train teams & large groups (teams avg. 8-12, camps 20-40 athletes) and is performed at a higher pace work to rest ratio than traditional school workouts. However, in the weight room we know that rest & recovery is used for muscle growth & strength using hypertrophy/strength training lifts & protocols during the off season.

The curriculum you will be training under is categorized as performance training more so than functional training. Functional training is needed and plays a role but that is not what we will be focusing on. We average 20-25 drills in 30 minutes, the curriculum is about quality production.

We only train athletes, the curriculum is designed for athletes and sports, the training facility is strategically designed to move athletes around efficiently and at a high pace (intensity). Most drills will be in the 10-15 second area of being performed or will have a rep assignment. Speed drills will either have a foot speed turnover goal or requirement or the athlete will need to cover a certain amount of distance in a set time. “Reaction Speed” & development of overall athleticism being the primary objective.

*Rather you are the athlete or the coach, our role has always been to stay in our lane & do what we do best, train athletes. We don’t teach how to block, kick, hit or throw a ball, that’s the coach’s job. Our role is to give that coach a better athlete to work with.*

Thank you for choosing The Speed School training system to reach your goals, if it didn’t work, we wouldn’t be in business since 2002 and training an average of 300 athletes annually with a high retention base of athletes with support from the local schools, coaches & sports teams.

Once we have received the single session assessment/evaluation registration from website [www.thespeedschool.com](http://www.thespeedschool.com) and the completed athlete/client information (email to: [mike@thespeedschool.com](mailto:mike@thespeedschool.com)) you will be contacted and begin your process of becoming a better athlete. Videos of drills will be sent along with the curriculum set up in weekly and monthly progressions Feedback from the athlete will be used for adjusting program.

After the initial assessment the athlete/client will then register on the 10-session private training package and the process continues.

If you need further questions answered or classification before beginning the training system, contact by email or call 770-856-0990.

Regards

Speed Development/Specialist Coach Mike Klinefelter

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