**Athletes! Here’s Your Chance to Test Drive the *Lee Taft Speed Academy* and Find out What Kind of Athlete You Can Become!**

**“LTSA Test and Train Week”**

Attention Middle School and High School Athletes:

Don’t miss this opportunity to test your athleticism and then learn how to train for it!

Day #1- Let us test you on the following:

* 10 Yard Sprint- find out what kind of acceleration you have?
* Vertical Jump- do you have “hops”?
* Double Leg Broad Jump- Can you translate your power forward?
* Single Leg Broad Jump- Are you balanced and powerful on both sides?
* Cone Stack- What kind of speed and quickness do you possess?

Day #2- Now we get to work and show you how to properly train day to day, week to week, and month to month to become the best athlete you can be:

* Learn our exclusive warm up system to properly prepare you to train
* Discover why we use stability training to make sure you reduce potential for injury
* Learn how to get in proper postures to accelerate with explosive power
* Find out why “change of direction” training is critical to being quicker
* Discover how to train for proper strength, power, and conditioning.

**Sign TODAY to reserve your spot (Limited spots available) and be the first to train athlete the New Lee Taft Speed Academy (LTSA)!!!**

**IMPORTANT! Signing up for the LTSA Test and Train Week give you first priority to sign up for the Lee Taft Speed Academy Athletic Development Program!**

**Sign Up Today!**