



2007-2008 Team Program

We provide the most comprehensive total fitness program for amateur, college, and pro athletes in the region at our state of the art fitness center and indoor field house.

You will begin with a dynamic stretch and then progress into a series of exercises to improve your speed, agility, quickness, and strength.

- **Speed** – Crucial for gaining separation from opponents & attained by training the body with ultra fast movements.
- **Agility** – Necessary to make rapid changes in direction so you can avoid or overpower opponents.
- **Quickness** – Crucial for reading and reacting to the play as well as properly timing attacks and retreats.
- **Strength** – Essential for one-on-one battles, shooting, acceleration, and overcoming resistance.

We will utilize steppers, sleds, gates, hurdles, agility poles, agility dots, agility ladders, bosu balls, medicine balls, wobble boards, rocker boards, gliding discs, body bars, lat machines, power racks, glute/ham machines, barbells, body bands, fit tubes, and an array of other equipment depending on the age and size of your team.

There are those out there who claim to be experts when it comes to "Feet" or "Core", but we believe in Complete Physical Conditioning. We will make you stronger from head to toe. The body is only as good as its weakest link. When we are done with your players there will be many fewer weak links.

As members of the UB Sports Performance staff we have an outstanding record of developing premier male and female athletes at the NCAA Division 1 level. We know what it takes.

We look forward to working with you and your team to help them become more complete players.

Please call or email us today to reserve preseason and in season time for your 2007-2008 team. We also cordially invite your coaches and managers to come and take a look at a live session for yourself. We look forward to seeing you soon and helping your team to earn more victories.



Victory Athletix
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