



TEAM TRAINING PROGRAM

At **Athletic Republic Annapolis**, we create the ultimate training environment with our patented equipment, our certified sports performance coaches, and our science based acceleration training programs that cater specifically to each athlete. Our goal is to take your athletic ability to the next level by enhancing speed, building power, and developing agility to help you compete at peak performance. Train with us and **UNLEVEL THE PLAYING FIELD!**

Team Training is specifically designed to help enhance a team's on-field experience by eliminating the need for on-field conditioning allowing the coach to focus on skill and game play development. Team Training is available during the season allowing teams to train as a group and receive the benefits of our Performance Sports Training.

Option 1: 90 Minute Session (maximum 18 athletes): Two acceleration trainers will be assigned to the group (one for treadmill and one for plyometric training and weights). The skill station will be monitored by the team's coach or assistant. Sessions must be paid for in advance to receive incentives.

Option 2: 60 Minute Session (maximum 12 athletes): One acceleration trainer will be assigned to the group (for treadmill or plyometric training and weights). The skill station will be monitored by the team's coach or assistant. Sessions must be paid for in advance to receive incentives.

Running Treadmill – Up to 6 athletes will spend 30 minutes with an Acceleration trainer to develop ideal mechanics that emphasize power, efficiency, and speed. Treadmill bouts replicate the intensity and fatigue levels achieved in game situations in order to develop the athlete's aerobic and anaerobic thresholds.

Plyometrics or Weights – Up to 6 athlete's will spend 30 minutes with an Acceleration trainer performing multi-directional floor drills to increase their boundaries of movement, body control, and foot speed. Athlete's may also spend 30 minutes developing upper body strength, lower body explosiveness, and core stability to ensure maximum power and control on the field.

Onsite Training – Training sessions are conducted at the team's training facility and focus primarily on linear speed and multi-directional skill development. Team Training programs are built to be sport specific and tailored to your strength, agility, and conditioning demands.

For Pricing and Scheduling options please contact our facility.