



Team Training Services

Work on team/ group dynamics and increasing your athleticism with specific team training programs available in our facility or at your own practice fields! As an extension of your program, our Performance Trainers will implement the most proven performance program available into your training sessions and practices. Whether it's in-season or out-of-season, team training is a guaranteed way to get ahead of your competition and to stay health and active on the field for longer.

The 60 minute training session takes place with one of our top CSCS Certified Performance Trainers and focuses on fundamental movement skills and athleticism development. We can give your athletes the tools to perform better on the field! Our goals in these training sessions are to help your team improve on these aspects:

- Speed Training and Development
- Multi Directional Agility Training and Development
- Teaching efficient Running Form and Bio Mechanics
- Strengthen Primary and Secondary (stabilizer) muscle groups
- Core training
- Overall Conditioning
- Balance and Stability

Please wear comfortable athletic attire and bring a water bottle. Our programs are developmentally based and designed with years of sports performance research and taught by experienced and certified professionals educated to train athletes. All athletes will learn why it is important to become a better athlete and take the first step to becoming quicker, faster, and stronger – for all sports – in the very first training session.

Please feel free to contact us with questions and also check out our website for more information!

[Click here for a map to our world class training facility!](#)

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