



**EVERETT PHYSICAL THERAPY**  
**SPORTS PERFORMANCE CENTER**  
AN IRG AFFILIATE

# **Speed, Agility & Quickness** **Training**



Speed, Agility & Quickness Training is a comprehensive, sport specific conditioning program designed for athletes. This program, developed by Everett Physical Therapy and Sport Performance Center, takes into account individual athletic needs, team goals and any other objectives that the coaching staff and the athlete wish to accomplish for the season.

Our performance-training model focuses on the dominant characteristics of the sport which are SPEED, AGILITY and QUICKNESS (SAQ). SAQ performance training has been developed over the past several years to help our athletes achieve higher levels of athletic performance.

Speed, Agility & Quickness Training is a program to help take the individual athletes and teams to the next level. It is an exciting, systematic and dynamic conditioning program that is adapted to meet the needs of all ages. We pay careful consideration to age, youth development, maturity and level of competition to provide a safe, fun and motivating training environment.

**Each athlete's program will include:**

Dynamic Flexibility, Strength & Power, Speed & Quickness, Agility, Core, Plyometrics, Dynamic Balance, Energy System Development

## **SUMMER SPEED CAMP (Speed-Agility-Quickness)**

Location: Arlington Boy's & Girl's Club Field

Dates: July 8<sup>th</sup> – July 24<sup>th</sup> (every Tuesday/Thursday)

Time: 6:00 pm – 7:00 pm

Cost: \$60.00 +tax. (6 training sessions--approx. 60min)

*Call Everett Physical Therapy & Sports Performance Center to sign up*  
**425-252-3908**

**1502 Hewitt Ave., Everett WA 98201** [www.everettpt.com](http://www.everettpt.com)

*Specializing in Sports Injury & Sports Conditioning*